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mid-recipe dashes to  
the grocery store.”

—*Bon Appétit*



# Substituting Ingredients

The A to Z Kitchen Reference

Don't have an ingredient?

**Substitute**

Don't like something?

**Substitute**

Can't afford it?

**Substitute**



BECKY SUE EPSTEIN



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## Praise for *Substituting Ingredients*

“If you eat, you substitute. If you cook...well, we’ve all been there. The unexpected expired ingredient. The out-of-season ingredient. The ‘thought I had enough of that spice, herb, or flavoring’ ingredient...Becky Sue Epstein is a master of detail. She is respectful of tradition and environmentally sensitive remedies for the kitchen and home. The woman never tires of learning and sharing. *Substituting Ingredients* is a convenient tool and a good read, especially if you eat, drink, cook, or clean.”

—Lynn Krielow Chamberlain, host, iWineRadio.com

“If there were ever an idea so practical and obvious that nobody else but Becky Sue Epstein could think of it, it’s *Substituting Ingredients*.”

—Charles Perry, *Los Angeles Times* food writer, retired

“So many of my cookbook readers email me with questions about substitutions. Now I have a resource for myself and for all of you who are inquisitive in the kitchen, willing to think outside the box, but still want good results. Becky Sue Epstein’s *Substituting Ingredients* will be on my shelf with my treasured reference books; I am sure I will refer to it again and again.”

—Dede Wilson, author of *Unforgettable Desserts*;  
dedewilson.blogspot.com

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The A to Z Kitchen Reference

BECKY SUE EPSTEIN

 sourcebooks

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*I am proud to carry on the traditions of my grandmother Gertrude, who was a caterer and cookbook writer, and my mother Doris, who loves to experiment with new recipes—but will make the old favorites when we need them.*

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# Introduction



Do any of these scenarios sound like something that has happened to you?

- Rushing into the kitchen, grabbing pots and pans and the ingredients for a favorite, last-minute dinner, you're dismayed to discover you're lacking a key ingredient.
- Perusing a magazine, you settle on an enticingly simple recipe, but then you notice it has a couple ingredients you're sure can't be found locally.
- Finally ready to try that friend's fabulous recipe you printed out some time ago, you suddenly realize you might not have all the ingredients—in fact, you're not exactly sure what one of them is...

What to do?

After this happened to me a few times, I started to accumulate substitutions for a variety of ingredients. The list grew until it became a collection. And then a project. For many months, my family and friends sampled a lot of strange foods. Finally, it turned into my first book, *Substituting Ingredients*.

I—and about a hundred thousand other people—used this collection of substitutions for more than fifteen years, through multiple printings and successive, updated editions.

Attitudes toward food, cooking, take-out, and eating out have continued to evolve. We're all much more adventuresome now, so it's time for a new edition.

This book is simple to consult and much more comprehensive than previous editions. It contains all the spices, herbs, exotic fruits, and vegetables needed for modern cooking, so you can actually prepare the exotic recipes you see online, in print, or on television every week.

It's great if you've just forgotten to buy a critical component for a recipe, something as basic as lemon juice or eggs. Perhaps you don't have time to search for a rare item, like fresh Alaskan King crabmeat, or you don't want to gamble on an expensive ingredient you might only use once, such as saffron.

*Substituting Ingredients* contains over 1,000 substitutions and easy directions to make dozens of common condiments. There are tables for converting, measuring, and determining temperature equivalents, as well as instructions for simple formulas for household cleaners.

Whether you're making an easy weekday meal or an elaborate dinner for a celebration, whether you have time constraints, financial restrictions, or food allergies, once you have this book in your kitchen, you'll use it again and again.

# How to Use This Book



## A TO Z INGREDIENTS

The largest section of this book is simply an A to Z reference. Look up an ingredient from your recipe, and you will find a substitution. If several substitutes are listed, the best match is the first one. It provides the closest match to the flavors of the original, taking into account the way the ingredient is most commonly used. When the substitutions are all very similar, the list is in alphabetical order. If there is no measure given for an ingredient, then the substitutes can generally be used in equivalent amounts.

For example, the listing for the herb chervil gives several substitutions. First is tarragon, with the instructions to use  $\frac{1}{2}$  the amount, which means that tarragon has the closest flavor but tends to be much stronger than chervil. Next is anise, with the same instructions, because it is a little less similar but also stronger than chervil. Next is Italian parsley, which is slightly different in flavor, but will also season a dish nicely.

If a recipe calls for a small amount of one type of fruit, another may be substituted, or the ingredient can be omitted. For example,  $\frac{1}{4}$  to  $\frac{1}{2}$  cup raisins can be left out of a cookie or cake without affecting the chemistry of baking or cooking—though this will, of course, affect the flavor. The same is true of small amounts of meats or vegetables in savory dishes, usually up to  $\frac{1}{2}$  cup.

Remember: let your own preferences be your ultimate guide, and taste as you go.

## **Baking**

Certain substitutions are standard in baking recipes. For instance, butter, margarine, blends, and even shortening can usually be used interchangeably without dramatically affecting the flavor or texture of the baked goods. Other baking substitutions can be more delicate processes, because it is important to keep the ratio of liquid ingredients to dry ingredients as close as possible to the original recipe.

Baking times may vary, so do be sure to monitor items and test for doneness.

Different types of sugar can be substituted for each other fairly easily. There is also a simple formula for composing baking chocolate from cocoa powder and butter.

## **Dairy Products**

Substitutions are most critical when dairy products are cooked. It's generally not a good idea to heat yogurt or sour cream because they can separate. But for garnishes and dips, yogurt or sour cream can be often used in place of cream for a tangier taste or a lower fat content.

Otherwise, there are simple substitutes you can easily learn. For example, milk can be used in place of heavy cream or light cream in many recipes, with one or two essential additions.

## **Herbs, Spices, and Flavorings**

Herb and spice substitutions depend on nuance, as well as personal preference. In this book, the first substitute in the list is generally closest to the original in flavor and/or texture, and takes into consideration the most common use of the spice or herb and whether it's for sweet or savory recipes. Sometimes combinations of ingredients are needed to achieve the flavor of the original. The substitution for fresh, grated ginger, for instance, is powdered ginger (about  $\frac{1}{4}$  the amount originally called for) with a dash of white pepper and lemon juice. Or you can get candied or crystallized ginger and wash off the sugar before dicing it into your dish.

In general, 1 tablespoon of a fresh herb is the equivalent of 1 teaspoon of a dried herb.

When using dried herbs, crush them in the palm of your hand to release their flavors before mixing into the rest of the ingredients. After adding dried herbs and/or powdered spices, cook (or stir) for several minutes then taste before adjusting flavors further.

### **Wines, Spirits, and Flavorings**

Wines and spirits are often used in cooking to add flavor. The alcohol evaporates quickly. For both red and white wines, use the drier rather than the sweeter styles. Specialty fortified wines such as marsala, sherry, and port intentionally add a little sweetness as well as flavoring to specific cooking and baking recipes.

Flavorings that are labeled “artificial” often have a very artificial taste—and they will add this unfortunate element to your food. These days, it’s so easy to find real versions of everyday flavorings like vanilla and almond extract that it’s worth a little extra cost—especially as they can often be used in place of more rare flavorings. Before using a new flavor, it’s best to taste a few drops because, good or bad, it will affect the food you’re making.

## **CONDIMENTS, SAUCES, AND SPICE MIXTURES**

Many of the most common condiments can be easily put together from a few items already in your refrigerator or pantry. That means that, with this book, you won’t have a problem when you just get back from shopping only to realize you forgot something like mustard or ketchup.

Perhaps you’re a person who likes to amaze your friends with exotic recipes every weekend. There’s no need to purchase a shelf full of costly, specialty seasonings you’ll only use once before the expiration date. Throughout the book, you’ll find guidelines for everything from ordinary sauces to intriguing spice mixtures. Recipes will appear throughout the book in recipe card boxes, such as the following:



With these recipes, you can simply make up a small amount of a familiar condiment as needed, or you can opt for adventure and try something new!

## EQUIVALENTS

To make a pie, you need to know how many apples to buy when your recipe calls for pounds rather than an exact quantity of apples. For a stew, you need to know how many potatoes and carrots to peel when the recipe calls for cups. How many lemons do you need to make a tablespoon of juice? Within the main A to Z reference section, you'll find measured equivalents for common fruits, vegetables, and other familiar ingredients.



## MEASUREMENTS, METRIC EQUIVALENTS, AND TEMPERATURES

Whether you don't have the right size baking pan, you're trying to remember how many teaspoons are in a tablespoon, or you're converting to or from metric measurements and temperatures, you'll find all the charts you need at the back of this book.

# Substituting Ingredients A to Z





**Abalone**

= clams

= scallops

**Note:** Cooking times may vary.

*See Shellfish*

**Achiote, also known as annatto seed**

= turmeric

= saffron

**Acorn squash**

*See Squash, winter*

**Adzuki beans, also known as Chinese red beans**

= bean paste (miso) or bean curd (tofu)

**Agar-agar, 1 tablespoon**

= 4 tablespoons gelatin

= 3 tablespoons Carrageenan or Irish moss

**Ajwan**

= thyme

= fennel seed



= caraway seed

**Alaskan king crab, also known as king crab**

*See Crab*

**Alfalfa sprouts**

= watercress

*See Sprouts*

**Allspice, 1 teaspoon**

= ground cloves with cinnamon and nutmeg to taste, in baking

= black pepper, in cooking

**Almond milk**

= soy milk

**Note:** Mix with cornstarch if needed for thickening, adding  $\frac{1}{4}$  teaspoon at a time.

**Almonds**

1 lb. shelled = 1 to  $1\frac{1}{2}$  cups

1 lb. in shells =  $3\frac{1}{2}$  cups

**Amaranth**

= chard

= kale with a dash of lemon juice or vinegar

= sorrel

*See Greens*

**Amber cup squash**

*See Squash, winter*

**Anchovies**

- = salt cod, prepared
- = herring
- = salted fish

**Anchovy paste, 1 teaspoon**

- = 2 anchovy fillets
- = 1 teaspoon soy sauce plus 1 teaspoon dulse or kelp flakes

**Angel hair pasta**

*See Pasta*

**Angostura Bitters**

YIELDS ABOUT ⅛ CUP

Mix pinches of cinnamon, cloves, mace, and nutmeg, with finely diced orange and/or lemon peel and prunes, in 2 tablespoons vodka or rum.

**Note:** The actual formula for Angostura Bitters is secret.

**Anise**

- = fennel
- = tarragon
- = chervil (use up to twice amount)

**Anise, green**

- = fennel seed

**Anise seed**

- = star anise
- = fennel seed
- = caraway seed (use 1½ times the amount)
- = chervil (use twice the amount)

**Apple cider vinegar, also known as cider vinegar**

*See Vinegar*

**Apples**

- 1 lb. = 2 large apples
- 1 lb. = 2 ½ to 3 sliced cups

**Apples, chopped, 1 cup**

- = 1 cup firm pears, chopped, with up to 1 tablespoon lemon juice if needed for tart flavor

**Apples, sweet/mild**

- Cortland
- Fuji
- Gala
- Golden delicious
- Jonagold
- Red delicious
- Rome
- Russet

**Apples, tart**

- Baldwin

Granny Smith

Gravenstein

Northern Spy

**Apples, tart/sweet**

Braeburn

Empire

Greening

Honeycrisp

Ida Red

Jazz

Jonathan

Macoun

McIntosh

Pippin

Winesap

**Arrowroot, 1 tablespoon**

= 1½ tablespoon cornstarch, do not overstir

= 2 tablespoons flour; up to a few tablespoons can be used for thickening

= brown rice flour

*See Flour*

**Artichoke hearts**

= chayote, cooked

= Jerusalem artichoke, also known as sunchoke

= kohlrabi, cooked

**Arugula, also known as rocket**

- = Belgian endive
- = endive
- = escarole
- = dandelion greens

**Asafetida**

- = equal parts onion powder, celery seed, curry powder, and cumin

**Asian fish sauce**

*See Nam pla*

**Asian pears**

- = pears
- = atemoya
- = cherimoya
- = custard apple

**Aubergine, also known as eggplant**

*See Eggplant*

**Australian blue squash**

*See Squash, winter*

**Autumn cup squash**

*See Squash, winter*

**Azafran, also known as saffron**

*See Saffron*

# B

## **Baby carrots**

*See Carrots, baby*

## **Bacon, up to ½ cup**

= smoked ham, in cooking

= ham

## **Baking powder, 1 teaspoon double-acting**

= ½ teaspoon cream of tartar plus ¼ teaspoon baking soda

= ¼ teaspoon baking soda plus ½ cup sour milk or cream or buttermilk; reduce some other liquid from recipe

= ¼ teaspoon baking soda plus 2 more eggs if recipe calls for sweet milk; reduce some other liquid from recipe

= 4 teaspoons quick-cooking tapioca

## **Baking soda, up to 1 teaspoon**

= baking powder plus an acidic ingredient in the recipe, such as buttermilk, sour cream, or citrus (use equal amount baking powder if the recipe contains an acidic ingredient such as buttermilk, sour cream, or citrus; if the recipe does not contain an acidic ingredient, add equal amounts of acidic ingredients)

## **Balsamic vinegar**

*See Vinegar*

## **Bamboo leaves**

= parchment paper

**Note:** Neither bamboo leaves nor parchment paper are edible.

## **Banana squash**

*See Squash, winter*

### **Bananas**

1 lb. = 3 to 4 whole

1 lb. = 2 cups, mashed

### **Barbecue Sauce**

YIELDS 2½ CUPS

½ cup vinegar

1 cup ketchup

½ cup onion, chopped

½ teaspoon cayenne pepper

½ cup brown sugar

2 teaspoons dry mustard

2 tablespoons Worcestershire sauce

½ cup vegetable oil

½ teaspoon salt (optional)

2 tablespoons liquid smoke (optional)

Combine ingredients. Simmer for 30 minutes, if desired.

**Barley, pearl**

*See Barley, whole*

*See Grains*

**Barley, whole**

= farro

= spelt

= wheat berries

*See Grains*

**Basil, dried**

= oregano

= parsley

= summer savory

= thyme

**Basil, lemon**

= basil

**Basil, mint**

= shiso

**Basmati rice**

= long-grain white rice

**Batata**

*See Boniato*

**Bay leaf**

= thyme



## **Beach plum**

- = crab apple
- = quince

## **Beans**

The following beans and legumes, or pulses, can be substituted for each other. Cooking times and yields will vary.

- = adzuki
- = black
- = black-eyed pea
- = chickpea, also known as garbanzo
- = fava
- = garbanzo, also known as chickpea
- = great northern, also known as white, navy, or pea
- = kidney, also known as red
- = lentil
- = marrow
- = mung
- = navy, also known as great northern, pea, or white
- = pea, also known as great northern, navy, or white
- = peas, split
- = pinto
- = soybean
- = white, also known as great northern, navy, or pea

### **Beans, dried**

1 lb. = 1½ to 2 cups

1 lb. = 5 to 6 cups cooked

1 cup = 2 to 2½ cups canned

**Beans, green**

*See Green beans*

**Bean sprouts**

= celery

*See Sprouts*

**Bean thread, also known as cellophane noodles and vermicelli (soybean)**

*See Noodles, Asian*

**Beef, ground**

= ground turkey

= ground pork

= ground veal

= ground lamb

= chopped, firm tofu

**Note:** Combinations of beef and these substitutes can also be used in most recipes.

**Beet greens**

*See Greens*

**Belgian endive**

= fennel

*See Lettuce and salad greens*

**Bell peppers**

*See Peppers*

## **Bergamot**

= orange flavoring with a dash of lavender, to taste

## **Bermuda onions**

*See Onions, sweet*

## **Berries**

1 pint berries = approximately 2 cups

## **Berries, up to 1 cup in a recipe**

**Note:** Up to 1 cup in a recipe, may be omitted. You may change the flavor of the dish completely, but it may be just as delicious!

= blackberries

= black raspberries

= blueberries

= boysenberries

= cloudberry

= dewberries

= elderberries

= huckleberries

= loganberries

= marionberries

= olallieberries

= raspberries

= salmonberries

= youngberries

## **Blackberries**

*See Berries*

**Black kale, also known as Tuscan kale**

*See Greens*

**Black pepper**

= white pepper

= allspice in cooking, especially if salt is used in dish

**Black peppercorns**

= white peppercorns

= pink peppercorns

**Note:** Peppercorns vary in strength.

**Black sesame seed**

*See Sesame*

**Blueberries**

*See Berries*

**Blue crab**

*See Crab*

**Bok choy, also known as pak choi or Chinese cabbage**

= Napa cabbage

= Savoy cabbage

= green cabbage

**Boletus mushrooms, also known as cèpe or porcini mushrooms**

= shiitake mushrooms

**Boniato, also known as batata or white sweet potatoes**

= sweet potatoes

= yams

= plantains

### **Borage**

= cucumber, especially in dishes with yogurt

### **Bouquet Garni**

= 3 sprigs parsley, 1 sprig thyme, 1 bay leaf

**Optional:** 1 sprig each of basil, celery leaf, fennel, marjoram, or tarragon.

Tie sprigs together with string, or tie up in cheesecloth.

### **Bourbon**

= whiskey

### **Boysenberries**

= blackberries

= raspberries

*See Berries*

### **Brandy**

= cognac

= whiskey

### **Bread**

1 lb. = 10 to 14 slices

1 slice =  $\frac{1}{2}$  cup soft breadcrumbs

1 slice =  $\frac{1}{4}$  to  $\frac{1}{3}$  cup dry breadcrumbs

**Breadcrumbs, dry, ¼ cup**

- = ¼ cup cracker crumbs
- = ½ slice bread, cubed, toasted, and crumbled
- = ¼ cup instant rolled oats
- = 1/3 cup soft breadcrumbs
- = ¼ cup matzah meal
- = ¼ cup flour
- = ¼ cup crushed corn flakes
- = ¼ cup panko

**Breadfruit**

- = papaya
- = winter squash

**Broccoli**

- = broccoli Romanesco, also known as baby green cauliflower

**Broccoli rabe, also known as rapini**

*See Greens*

**Broth, beef, 1 cup**

- = 1 beef bouillon cube plus 1 cup water
- = 1 cup beef stock
- = 1 cup beef consommé

**Broth, chicken, 1 cup**

- = 1 chicken bouillon cube plus 1 cup water
- = 1 cup chicken stock

**Brussels sprouts**

- = green cabbage
- = Savoy cabbage
- = Chinese cabbage

### **Buckwheat groats, also known as kasha**

*See Grains*

### **Bulgur**

- = cracked wheat
- = buckwheat or kasha
- = brown rice
- = couscous
- = millet
- = quinoa

*See Grains*

### **Burdock (root), also known as gobo**

- = parsnip

#### **Butter**

1 lb. = 4 sticks

1 lb. = 2 cups

1 cup = 2 sticks

1 stick =  $\frac{1}{2}$  cup

2 tablespoons =  $\frac{1}{4}$  stick

2 tablespoons = 1 ounce

4 tablespoons =  $\frac{1}{2}$  stick

4 tablespoons = 2 ounces

8 tablespoons = 1 stick

8 tablespoons = 4 ounces

16 tablespoons = 2 sticks

16 tablespoons = 8 ounces

**Butter, 1 cup**

- = 1 1/3 cups whipped
- = 1 cup margarine
- = 7/8 cup vegetable shortening
- = 7/8 cup lard
- = 7/8 cup vegetable oil such as canola, corn, cottonseed, or safflower
- = 7/8 cup nut oil
- = 2/3 cup chicken fat (not for baking or sweets)
- = 7/8 cup solid shortening

**Note:** For softened butter or to stretch butter, blend 1/2 cup vegetable oil into 1 lb. butter; refrigerate.

**Butter, Clarified**

YIELDS 1/3 CUP

1/2 cup butter

Heat butter in a saucepan on low heat for at least 10 minutes. Skim off foam. Pour yellow liquid carefully into another container, leaving white residue of milk solids in the pan. Discard residue. Tightly cover container of clarified butter and store in refrigerator.

**Butter, for frying**

- = oil
- = bacon grease (this will flavor food)

**Butter, for baking**

- = margarine
- = shortening
- = applesauce (up to 1/2 cup)



= prune purée (up to ½ cup)

= vegetable oil (up to ½ cup)

**Note:** Oil is generally not interchangeable with butter in crisp cookies.

### **Buttercup squash**

*See Squash, winter*

### **Buttermilk, 1 cup**

= 1 cup milk plus 2 teaspoons cream of tartar

= 1 cup sour cream

= ½ cup plain, low-fat yogurt plus ½ cup milk

= 1 cup plain, low-fat yogurt

### **Butternut squash**

*See Squash, winter*

### **Button mushrooms, also known as market mushrooms**

*See Mushrooms, market*



### **Cabbage**

1 lb. = 4 cups shredded raw

1 lb. = 2 cups cooked

### **Cabbage**

*See Chinese cabbage, green cabbage, red cabbage, Savoy cabbage*

### **Cactus, also known as nopal**

= green pepper

= okra

### **Cactus pears**

= kiwi

= watermelon

### **Cajun Seasoning**

YIELDS ABOUT 1 CUP

2 teaspoons cayenne (or paprika for a milder version)

2 teaspoons thyme

2 teaspoons oregano

1 teaspoon cumin

1 teaspoon mustard powder

1 teaspoon ground black pepper

2 cloves garlic

1 onion

2 teaspoons salt

Mix in a food processor or with a mortar and pestle.

### **Cake flour**

*See Flour*

### **Calabazo, also known as West Indian pumpkin or Cuban squash**

*See Squash, winter*

### **Calamari, also known as squid**

= octopus or baby octopus

### **Callaloo**

= spinach

= chard

= turnip greens

*See Greens*

### **Capers**

= chopped green olives

= pickled green nasturtium seeds

### **Capiscum**

*See Peppers, green or bell*

*See Peppers, yellow*

*See Peppers, red, sweet*

**Capon**

= large roasting chicken

**Carambola, also known as starfruit**

*See Starfruit*

**Caraway seed**

= fennel seed

= cumin seed

**Cardamom**

= cinnamon

= mace

**Cardoni, also known as cardoon**

*See Cardoon*

**Cardoon, also known as cardoni or wild artichoke**

= artichoke heart

**Carnival squash**

*See Squash, winter*

**Carrageenan, also known as Irish moss, 2 tablespoons**

= 1 envelope or 1 tablespoon gelatin

= 2 teaspoons agar

**Carrots**

= parsnips

### **Carrots**

1 lb. = 3 cups sliced raw

1 lb. = 4 cups shredded

### **Carrots, baby**

= carrots

### **Cassava, also known as manioc or yuca**

= sweet potato

= yam

### **Cassia**

= cinnamon

### **Caster sugar**

*See Sugar, superfine*

### **Cauliflower**

= kohlrabi

### **Cayenne pepper**

= hot red pepper, ground

= chili powder

### **Celeriac, also known as celery root**

= parsnip (cooked)

= jicama (raw)

= celery

## **Celery**

1 medium stalk = 1/3 cup diced

### **Celery**

- = green pepper
- = jicama
- = bean sprouts
- = Belgian endive
- = fennel
- = lovage stalks

### **Celery root, also known as celeriac**

*See Celeriac*

### **Celery salt, 1 teaspoon**

= 3/4 teaspoon salt plus 1/4 teaspoon ground or crushed celery seed

### **Celery seed**

= dill seed

### **Cellophane noodles, also known as bean thread and vermicelli (soybean)**

*See Noodles, Asian*

### **Cèpes, also known as porcini or boletus mushrooms**

= shiitake mushrooms

### **Champagne vinegar**

*See Vinegar*

**Chanterelle mushrooms**

= pied de mouton or hedgehog mushrooms

**Chard, Swiss**

*See Greens*

**Chayote squash, also known as mirliton or christophine squash**

*See Squash, summer*

**Cheese**

4 oz. = 1 cup shredded

**Cheese**

*Within each group, cheeses can be substituted for each other.*

American

Cheddar

Cheshire

Colby

Edam

Fontina

Gouda

Havarti

Longhorn

Monterey Jack

Muenster

Port-Salut

\* \* \*

Blue (also known as bleu) cheese

Cambozola

Gorgonzola

Maytag

Roquefort

Stilton

\* \* \*

Emmenthaler

Gruyère

Jarlsberg

Raclette

Swiss

\* \* \*

Mozzarella (for cooking, not buffalo mozzarella)

Provolone

\* \* \*

Brie

Camembert

\* \* \*

Asiago, aged

Grana padano

Parmesan

Pecorino

Pecorino Romano

Romano

\* \* \*

Cottage cheese

Cream cheese

Farmer cheese

Hoop cheese

Mascarpone

Ricotta

Yogurt (especially in dips)



## **Cheese, cottage**

*See Cottage cheese*

*See Cheeses*

## **Cheeses**

### **BLOOMY-RIND OR EDIBLE-RIND**

Brie

Camembert

Taleggio

### **FRESH AND MILD**

Buffalo mozzarella

Cottage cheese

Farmer's cheese

Hoop cheese

Mascarpone

Ricotta

### **FRESH AND PUNGENT**

Chèvre, also known as goat cheese

Feta

Goat cheese, also known as chèvre

### **WASHED-RIND**

Muenster

Pont l'Eveque

### **SEMI-SOFT (SEMI-HARD)**

Havarti

Livarot

## PRESSED

Cheddar

Cheshire

Edam

Gouda

Jarlsberg

Mozzarella

Swiss

## AGED

Asiago, aged

Grana padano

Parmesan

Pecorino

Pecorina Roman

Romano

## BLUE

Cambozola

Gorgonzola

Maytag

Roquefort

Stilton

### **Cheese Topping for Popcorn**

YIELDS ABOUT ½ CUP

¼ cup Parmesan cheese  
¼ cup grated blue cheese  
1 teaspoon paprika  
½ teaspoon garlic powder  
½ teaspoon onion powder or onion salt

Sprinkle on popped popcorn. Warm briefly in microwave or oven before serving.

### **Cherimoya**

- = sweetsop
- = guanabana, also known as soursop
- = atemoya
- = pears, pineapples, and bananas in equal amounts, with a dash of lemon or lime juice
- = melons and peaches
- = guavas and peaches

### **Cherries, red**

- = Rainier cherries

### **Chervil**

- = tarragon (use ½ the amount)
- = anise (use ½ the amount)
- = Italian parsley

### **Chicken breasts, boneless**

- = turkey breast slices
- = veal scallops

**Chicken pieces**

- = turkey
- = Cornish game hen
- = squab
- = quail
- = rabbit

**Chicory**

- = endive
  - = sorrel
- See Lettuce and salad greens*

**Chile peppers**

*See Chili peppers*

**Chili Oil, also known as Red Pepper Oil**

YIELDS ABOUT 1/8 CUP

- 3 tablespoons sesame oil
- 3 to 4 small spicy red peppers

Heat oil. Fry peppers until they turn dark, but do not burn. Remove peppers and discard. Use the remaining oil.

**Chili paste**

*See Sambal*

**Chili pepper, hot, also known as chili powder**

*See Chili powder*

## **Chili peppers, hot or milder**

*See Peppers, chili*

### **Chili Powder**

YIELDS 2 TO 3 TEASPOONS

½ teaspoon cumin

½ teaspoon dried oregano

¼ teaspoon black pepper

¼ teaspoon cayenne pepper

¼ teaspoon chopped garlic

¼ teaspoon cilantro

¼ teaspoon paprika

**Optional:** Turmeric, white pepper, finely chopped lemon peel, cardamom

Mix well.

## **Chinese broccoli**

*See Greens*

## **Chinese cabbage**

= cabbage

= lettuce

## **Chinese parsley, also known as cilantro or coriander leaf**

*See Cilantro*

## **Chinese red beans, also known as adzuki beans**

*See Adzuki beans*

## **Chives**

= green onion tops

= onion powder (use 1/8 amount)

= leeks

= shallots (use 1/4 amount)

*See Onions*

## **Chocolate, baking**

1 square = 1 oz.

## **Chocolate, baking, unsweetened, 1 ounce**

= 3 tablespoons unsweetened cocoa plus 1 tablespoon butter or margarine

= 3 tablespoons carob powder plus 2 tablespoons water

## **Chocolate, baking, unsweetened, premelted, 1 ounce**

= 3 tablespoons unsweetened cocoa plus 1 tablespoon oil or melted shortening

## **Chocolate, Mexican**

YIELDS 3 OUNCES

3 ounces semisweet chocolate

1 teaspoon cinnamon

1/2 teaspoon almond or vanilla extract

1 tablespoon sugar (unless unsweetened chocolate is specified for recipe)

Melt together, mix, and cool.

### **Chocolate, Semisweet**

YIELDS 6 OUNCES

9 tablespoons unsweetened cocoa powder

7 tablespoons sugar

3 tablespoons butter

### **Chocolate, white**

= white icing for drizzling

= other flavored chips for sweet desserts

### **Chocolate chips or morsels**

1 12-oz. package = 2 cups

### **Choy sum, also known as flowering cabbage**

= bok choy, also known as pak choy

### **Christophine squash, also known as chayote or mirliton squash**

*See Squash, summer*

### **Chutney**

YIELDS ABOUT 1½ CUPS

1 8-ounce jar apricot or peach preserves

1 clove garlic, minced, or ½ teaspoon garlic powder

½ teaspoon powdered ginger, or 1 tablespoon fresh or candied ginger,  
minced

½ teaspoon salt

1 tablespoon apple cider vinegar

½ cup raisins (optional)

Warm preserves to lukewarm. Mix in remainder of ingredients.

### **Ciabatta bread**

= baked pizza dough

= focaccia bread

### **Cider vinegar, also known as apple cider vinegar**

*See Vinegar*

### **Cilantro, also known as coriander leaf or Chinese parsley**

= parsley with a dash of lemon juice

= orange peel with a pinch of sage

= lemon grass with a pinch of mint

= parsley and mint in equal amounts

= Italian parsley (for garnish)

### **Cinnamon**

= cardamom with 1/8 amount allspice or nutmeg

= ¼ amount allspice

= ¼ amount nutmeg

### **Cipollini**

= wild onions



## **Clams**

= cockles

= mussels

= oysters

**Note:** Canned clams with some of their liquid can be used in cooking.

*See Shellfish*

## **Clementines**

= mandarin oranges

= tangerines

= satsumas

= oranges

## **Cloudberries**

*See Berries*

## **Cloves, ground**

= allspice

= nutmeg

= mace

## **Club soda**

= mineral water

= seltzer

## **Coarse salt**

= Kosher salt

= sea salt

## **Cockles**

= small clams

### **Cocktail Sauce**

YIELDS ABOUT 1 CUP

2 tablespoons horseradish

½ cup ketchup

1½ teaspoons Worcestershire sauce (optional)

2 tablespoons lemon juice (optional)

black pepper (optional)

bottled hot sauce (to taste; optional)

¼ cup chili sauce (optional)

Combine ingredients.

### **Cocoa, hot, instant mix**

YIELDS DRY MIX TO MAKE 1 CUP COCOA

¾ cup instant nonfat dry milk

2 tablespoons sugar

2 tablespoons cocoa

Stir together.

**Cocoa powder, for baking, ¼ cup**

= ½ cup semisweet chocolate chips

**Coconut, grated**

**Note:** If less than ½ cup, can be omitted from recipe.

**Coconut milk, fresh, thick, 1 cup**

- = ½ cup fresh chopped coconut plus ½ cup water, bring to boil, let stand for 1 hour to infuse
- = 4 to 5 tablespoons coconut cream, solidified, dissolved in 1 cup hot water or milk
- = 1 cup top layer canned cream of coconut liquid
- = 1 cup medium cream with 1 teaspoon coconut flavoring

**Coconut milk, fresh, thin, 1 cup**

- = 2 tablespoons (solidified) coconut cream, dissolved in 1 cup hot water or milk
- = 1 cup canned cream of coconut liquid
- = 1 cup whole milk with 1 teaspoon coconut flavoring
- = 1 cup milk blended with 3 tablespoons grated coconut

**Coffee**

- ½ cup strong brewed =
- 1 teaspoon instant in ½ cup water
- 1 lb. ground = 80 tablespoons
- 1 lb. ground = 30 to 40 servings

**Cognac**

- = brandy
- = whiskey

**Collard greens**

*See Greens*

**Condensed Milk, Sweetened**

YIELDS ABOUT ½ CUP

1 cup instant powdered milk

1/3 cup hot water

½ cup sugar

1 tablespoon melted butter or margarine

Blend ingredients until dissolved and smooth.

**Coriander leaf, also known as Chinese parsley or cilantro**

*See Cilantro*

**Coriander seed**

= caraway with a dash of cumin

= lemon zest with a dash of sage

= allspice with a pinch of lemon or lemon zest

**Corn**

6 ears = 2 to 3 cups kernels

**Corn flour**

= flour, up to a few tablespoons, for thickening

*See Flour*

**Cornish game hen**

= squab

= quail

= chicken

**Cornmeal**

- = (corn) grits
- = masa harina
- = polenta

*See Grains*

**Cornstarch, 1 tablespoon**

- = 2 tablespoons flour
- = 1 tablespoon arrowroot
- = 2 tablespoons quick-cooking tapioca
- = 2 eggs

*See Flour*

**Corn syrup, dark, 1 cup**

- =  $\frac{3}{4}$  cup light corn syrup plus  $\frac{1}{4}$  cup molasses
- =  $\frac{3}{4}$  cup golden syrup plus  $\frac{1}{4}$  cup molasses
- =  $1\frac{1}{4}$  cups brown sugar plus  $\frac{1}{3}$  cup liquid boiled down to 1 cup. You can use any liquid from the recipe you are making—if there is no liquid in the recipe, add  $\frac{1}{3}$  cup water and boil down to 1 cup.

**Corn syrup, light, 1 cup**

- = 1 cup golden syrup
- =  $1\frac{1}{4}$  cups sugar plus  $\frac{1}{3}$  cup water or other liquid from recipe, boiled down to 1 cup

**Cos**

*See Lettuce and salad greens*

**Cottage cheese**

1 lb. = 2 cups

## **Cottage cheese**

= ricotta cheese

= soft tofu

*See Cheeses*

## **Courgettes, also known as zucchini**

*See Squash, summer*

## **Couscous**

= orzo

= quinoa

= white rice

= bulgur

= kasha

= millet

= brown rice

= tabouleh

= cracked wheat

= wheat berries

## **Couscous, Israeli, also known as pearl couscous**

*See Couscous*

## **Crab**

*The following crab meats can be substituted for each other:*

Alaskan king crab, also known as king crab

Blue crab

Dungeness crab

Jonah crab

King crab, also known as Alaskan king crab

Softshell crab

Stone crab

*See Shellfish*

**Crabmeat, fresh (cooked)**

= use frozen crabmeat (not canned) for true flavor

*See Shellfish*

**Cranberries**

= quince

= sour cherries

**Crayfish**

= langouste

= langoustine

= lobster

= prawns

= shrimp

*See Shellfish*

**Cream, clotted, also known as Devonshire cream**

= heavy cream, whipped to soft peaks

= sour cream with a pinch of baking soda

= crème fraîche

**Cream, heavy, not for whipping, 1 cup**

=  $\frac{3}{4}$  cup milk plus  $\frac{1}{4}$  cup shortening or butter

=  $\frac{2}{3}$  cup evaporated milk

## **Cream, heavy or whipping**

1 cup = 2 cups whipped

### **Cream, light (or half-and-half), 1 cup**

- = ½ cup heavy cream plus ½ cup milk
- = 7/8 cup milk plus 3 tablespoons butter or margarine
- = ½ cup evaporated milk plus ½ cup milk

### **Cream, whipped, sweetened, 1 cup**

- = 1 4-ounce package frozen whipped topping
- = 1 envelope whipped topping mix, prepared as directed
- = 1 mashed banana beaten with 1 stiffly beaten egg white plus 1 teaspoon sugar
- = 1 cup nonfat dry milk powder whipped with 1 cup ice water and sweetened to taste (this is for low-calorie desserts and drinks; it will not hold for long)
- = 1 cup ice-cold evaporated milk, plus 2 teaspoons sugar, whipped (use immediately)

### **Cream cheese**

- = cottage cheese blended with cream; add butter and/or milk to correct consistency
- = Neufchatel cheese

### **Cream of tartar**

- = lemon juice or vinegar, when used for stabilizing beaten egg whites

### **Crème fraîche**

- = sour cream, in recipes
- = ½ sour cream and ½ heavy cream



## **Crème Fraîche**

YIELDS 1½ CUPS

1 cup heavy cream

½ cup buttermilk or sour cream or sour milk or yogurt

Stir well in glass container. To make firm crème fraîche, let sit in a warm place for 6 hours. Refrigerate if not using immediately.

### **Crosnes**

= Jerusalem artichoke

= jicama

### **Cuban squash, also known as calabazo or West Indian pumpkin**

*See Squash, winter*

### **Cumin**

= caraway and anise combined, to taste

= fennel seed

### **Currants, fresh**

= ground cherries

= gooseberries

= sour cherries

### **Currants, dried**

= raisins

= soft prunes or dates, finely chopped

**Note:** If less than ¼ cup, can be omitted from recipe.

## Curry Powder

YIELDS ABOUT 2/3 CUP

2 tablespoons ground coriander

2 tablespoons cumin

2 tablespoons red pepper

2 tablespoons turmeric

2 tablespoons ground ginger

**Optional:** Dash of some of the following: allspice, black pepper, cinnamon, ground fennel, fenugreek, garlic powder, mace, mustard powder

Combine all ingredients.

## Custard apple

= cherimoya

= sweetsop

= atemoya

= soursop, also known as guanabana

# D

## **Daikon**

= jicama

= radish

## **Dandelion greens**

*See Lettuce and salad greens*

## **Dasheen, also known as taro**

*See Taro*

## **Dashi**

= light fish stock

## **Dates**

1 lb. = 2 cups chopped, pitted

## **Dates**

= raisins

= figs

= prunes

**Note:** If less than  $\frac{1}{2}$  cup, can be omitted from recipe.

## **Delicata squash**

= *See Squash, winter*

**Devonshire cream, also known as clotted cream**

*See Cream, clotted*

**Dewberries**

*See Berries*

**Dill seed**

= caraway seed

= celery seed

**Duck Sauce, also known as Plum Sauce**

YIELDS ABOUT ¼ CUP

¼ cup apricot jelly or plum jelly

1 teaspoon vinegar

1 to 1½ teaspoons sugar

Stir until sugar dissolves.

**Dungeness crab**

*See Crab*



# E

## **Edamame, also known as soy beans**

- = lima beans
- = broad beans
- = fava beans

## **Edible blossoms, for garnishes and in salads**

- bachelor buttons
- blue borage
- borage
- calendula petals
- chive blossoms
- dandelion
- daylily
- dianthus
- hollyhock
- Johnny-jump-ups, also known as violas
- lavender
- marigold petals
- mini carnations
- nasturtiums
- pansies
- rocket
- rose petals
- snapdragons

sweet pea

violas, also known as Johnny-jump-ups

wild radish

### **Eggplant, also known as aubergine**

= large zucchini

#### **Eggs**

1 cup = 4 to 5 large

1 cup = 8 to 10 whites

1 cup = 10 to 12 yolks

### **Eggs, for scrambling**

= tofu, lightly chopped

### **Eggs, whole**

= 2 tablespoons liquid plus 2 tablespoons flour plus  $\frac{1}{2}$  tablespoon shortening plus  $\frac{1}{2}$  teaspoon baking powder

= 2 yolks plus 1 tablespoon water

= 2 yolks, in custards, sauces, or similar mixtures

= 2 tablespoons oil plus 1 tablespoon water

= 1 teaspoon cornstarch plus 3 tablespoons more liquid in recipe

**Note:** If halving recipe, do not try to halve one egg; use one whole egg.  
If short one more egg in recipe, substitute 1 teaspoon vinegar or 1 teaspoon baking powder and 2 tablespoons more liquid.

### **Elderberries**

*See Berries*

### **Elephant garlic**

= garlic (use ½ amount or to taste)

**Endive, also known as curly endive**

= Belgian endive

= chicory

= escarole

*See Lettuce and salad greens*

**Enoki, also known as enokitake mushrooms**

= oyster mushrooms

**Enokitake, also known as enoki mushrooms**

*See Enoki*

**Escarole**

= arugula

= endive

= chicory (use ½ amount)

= sorrel (use ¼ amount)

*See Greens*

**Evaporated milk**

= light cream or half-and-half

= heavy cream



F

**Farina, quick cooking**

*See Grains*

**Farro**

= spelt

= barley

= wheat berries

*See Grains*

**Fava beans**

= lima beans, especially baby lima beans

**Feijoa**

*See Pineapple guava*

**Fennel bulb, also known as Florentine fennel**

= Belgian endive

= celery

**Fennel seed**

= caraway seed

= anise, also known as anise seed

= star anise



## **Fenugreek**

= celery seed

= lovage

## **Fiddlehead ferns**

1 lb. = 2 2/3 cups chopped

**Note:** If less than 1/2 cup, can be omitted from recipe.

## **Fiddlehead ferns**

*See Greens*

## **Figs**

1 lb. = 2 2/3 cups chopped

**Note:** If less than 1/2 cup, can be omitted from recipe.

## **Figs**

Black mission

Brown Turkey

Calimyrna

Kadota

Panchee, also known as tiger fig

Tiger fig, also known as panchee

**Note:** These are equivalent in recipes.

## **Filé powder, also known as gumbo filé or sassafras**

*See Sassafras*

## **Fines Herbes**

YIELDS ABOUT 1½ TABLESPOONS

1 teaspoon parsley

1 teaspoon tarragon

1 teaspoon chervil

1 teaspoon chives

Mince together.

**Fish (varieties)**

Alaska cod, also known Pacific cod or gray cod

bass, also known as branzino

black cod, also known as sablefish

branzino, also known as bass

dorade, also known as sea bream

hamachi, also known as yellowtail

lotte, also known as monkfish

loup de mer, also known as sea bass

monkfish, also known as lotte

ono, also known as wahoo

opakapaka, also known as pink snapper rock shrimp

sablefish, also known as black cod

sea bass, also known as loup de mer

sea bream, also known as dorade

snapper, also known as vivaneau

vivaneau, also known as snapper

wahoo, also known as ono

yellowtail, also known as hamachi

**Fish, fillets**

bass  
bluefish  
carp  
catfish  
Chilean sea bass, also known as Patagonian toothfish  
cod  
coho salmon, also known as salmon trout  
dorade, also known as sea bream  
flounder  
fluke  
grouper  
haddock  
hake  
halibut  
John Dory  
ling cod  
loup de mer, also known as sea bass  
mahi mahi  
monkfish, also known as lotte  
muskellunge, also known as muskie  
muskie, also known as muskellunge  
nilefish  
orange roughy  
pickerel  
pike  
plaice  
pollock  
red snapper  
rock cod  
rockfish  
salmon

salmon trout, also known as coho salmon  
sandab  
scrod (this is a type of catch, not a type of fish)  
sea bass, also known as loup de mer  
sea bass, Chilean  
sea bream, also known as dorade  
shark (dogfish)  
sole  
striped bass  
talapia, also known as St. Peter's fish  
trout  
turbot  
walleyed pike  
whitefish  
yellow croaker

### **Fish, steaks**

ahi  
albacore  
catfish  
cod  
halibut  
John Dory  
mackerel  
mahi mahi  
oono, also known as wahoo  
salmon  
sea bass  
shark  
sturgeon

swordfish  
tilefish  
tuna  
wahoo, also known as oono

### **Fish, whole**

bass  
catfish  
flounder  
halibut  
mackerel  
muskellunge, also known as muskie  
perch  
pike  
salmon  
sardines  
smelt  
trout  
turbot  
yellow croaker

### **Fish sauce (Asian)**

*See Nam pla*

### **Five-Spice Powder**

YIELDS ABOUT 1 TABLESPOON

1 teaspoon ground star anise  
1 teaspoon ground fennel seed  
1 teaspoon ground Szechwan pepper

½ teaspoon ground cassia or cinnamon

½ teaspoon ground cloves

Stir together.

## **Flavored vinegar**

*See Vinegar*

## **Flavorings (extracts and aromatics)**

*Commonly available; some are imitation:*

almond

anise

banana

brandy

butter

cherry

chocolate

coconut

lemon

liquid smoke

maple

mint

orange

peppermint

pineapple

root beer

rose water

rum

vanilla

*See Liqueurs*

**Fleur de sel**

= sea salt

**Florentine fennel**

*See Fennel*

**Flour**

1 lb. white = 3½ to 4 cups

1 cup white = 4 ounces, approximately

1 cup white = 1 cup plus 2 tablespoons cake flour  
(and omit up to 2 tablespoons cornstarch if in recipe)

1 lb. cake = 4 to 4½ cups

1 cup cake = 7/8 cup white flour

1 lb. whole wheat = 3 cups sifted (do not overmix)

**Flour, cake, 1 cup**

= 2 tablespoons cornstarch plus 7/8 cup flour

**Flour, for thickening, up to a few tablespoons only**

= Bisquick

= tapioca, quick cooking

= cornstarch or corn flour (smaller amounts may be required)

= arrowroot (smaller amounts may be required)

= brown rice flour

= soy flour

= rye flour

= potato flour

= potato starch

= mashed potatoes, flakes or prepared

- = 1 whole egg or 2 yolks or 2 whites (especially for cooked sauces; whisk continuously while adding)
- = pancake mix, for coating pork chops or chicken

**Flour, graham**

- = whole wheat flour

**Flour, self-rising, 1 cup**

- = 1 cup flour plus  $\frac{1}{4}$  teaspoon baking powder

**Optional:** Add a pinch of salt

**Flour, white, for baking, 1 cup**

- = 1 cup plus 2 tablespoons cake flour
- =  $\frac{3}{4}$  cup whole wheat flour; reduce shortening to  $\frac{2}{3}$  the amount for cookies; add 1 or 2 more tablespoons liquid for cakes; add more liquid for bread.

**Note:** Whole wheat flour will make the product denser (heavier); it's advisable to start out substituting half whole wheat or other grain flours. Rye, for instance, has a nutty flavor. Soy can also be used for extra protein; substitute  $\frac{1}{10}$  to  $\frac{1}{4}$  soy flour for wheat flour.

**Flour, whole wheat, 1 cup**

- = 1 cup graham flour
- = 2 tablespoons wheat germ plus enough white flour to make 1 cup.

**Note:** Product may be less dense or lighter when using white flour.

**Flowers, for garnishes and in salads**

*See Edible blossoms*

**Focaccia bread**

- = baked pizza dough



= ciabatta bread

**Fuzzy melon, also known as hairy cucumber**

= zucchini



### **Galangal, also known as Laos powder**

= ginger root

= powdered ginger with a dash of cardamom

### **Garam Masala**

YIELDS 1/3 CUP

2 teaspoons ground cardamom

4 teaspoons ground cumin

1 teaspoon ground cloves

2 teaspoons black pepper

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

Optional pinch of ginger, coriander, or both

Combine.

### **Garlic**

1 clove garlic = 1/2 to 1 teaspoon chopped garlic

### **Garlic, 1 clove**

= 1/2 teaspoon minced, dried garlic

- = ¼ teaspoon garlic powder
- = ¼ teaspoon garlic juice
- = ½ teaspoon garlic salt (and omit ½ teaspoon salt from recipe)
- = garlic chives (use up to 4 times amount)
- = elephant garlic (use up to twice amount)

### **Garlic, green**

- = leeks

### **Garlic Butter**

YIELDS ¼ CUP

- 1 clove garlic
- 4 tablespoons salted butter, softened

Peel the garlic clove, then pound or mash it. Add butter, and mix well.  
Add ¼ teaspoon salt if butter is unsalted.

### **Gelatin, 1 tablespoon or 1 envelope**

- = 2 teaspoons agar
- = 2 tablespoons carrageenan or Irish moss

### **Ghee**

- = clarified butter

### **Ginger, fresh, grated**

- = powdered ginger (about ¼ amount) with a dash of white pepper and lemon juice
- = minced, crystallized ginger with sugar washed off

**Ginger, powdered**

- = grated fresh ginger
- = mace with a pinch of lemon peel
- = nutmeg (about  $\frac{1}{4}$  the amount)

**Gold pepper, also known as yellow pepper**

*See Yellow pepper*

**Golden nugget squash**

*See Squash, winter*

**Golden raisins**

*See Raisins*

**Golden syrup**

- = light corn syrup
- = dark corn syrup

**Gooseberries**

- = currants, fresh
- = sour cherries
- = ground cherries

**Grains**

**Note:** These grains (including rice) can be served in place of each other, depending on your taste. Preparation times will vary.

- = amaranth
- = barley
- = barley, pearl
- = barley, whole

- = buckwheat groats, also known as kasha
- = bulgur
- = cornmeal
- = couscous
- = farina
- = farro
- = grits
- = hominy grits
- = kasha, also known as buckwheat groats
- = millet
- = oatmeal
- = oats, rolled
- = oats, steel-cut
- = quinoa
- = rice, arborio
- = rice, basmati
- = rice, brown
- = rice, long grain
- = rice, short grain
- = rice, white
- = rye berries
- = spelt
- = triticale
- = wheat, cracked
- = wheat berries
- = wild rice

### **Great northern beans**

- = marrow beans
- = navy beans

= pea beans  
= white beans  
*See Beans*

### **Green beans**

= haricots verts  
= wax beans

### **Green cabbage**

= Savoy cabbage  
= Chinese cabbage  
= kohlrabi  
= lettuce  
= Brussels sprouts, shredded (especially in cooked dishes)

### **Green onions, also known as scallions**

= leeks  
= shallots (use ½ amount)  
= chives (use up to twice amount)

### **Green peppers**

*See Peppers*

### **Greens, mild in flavor**

amaranth  
beet greens  
bok choy  
collard greens  
mache  
minutina

pea tendrils

### **Greens, medium in flavor**

Belgian endive, also known as witloof

black kale, also known as Tuscan kale

callaloo

chard, also known as Swiss chard

cress

curly endive, also known as escarole

dandelion (young leaves only)

endive

escarole, also known as curly endive

kale

kale, Tuscan, also known as black kale

mizuna

radicchio

spinach

Swiss chard, also known as chard

turnip greens

watercress

witloof, also known as Belgian endive

### **Greens, strong in flavor**

arugula, also known as rocket

broccoli rabe, also known as rapini

chicory

dandelion greens

fiddlehead ferns

mustard greens

nettles (early leaves only)

rapini, also known as broccoli rabe

rocket, also known as arugula

sorrel

tatsoi

turnip greens

### **Greens, mesclun**

= mixture of greens of varying flavors

*See Greens*

### **Greens, micro**

micro beet

micro mizuna

micro red mustard

micro tatsoi

### **Grits (corn)**

= cornmeal

= polenta

### **Gros sel**

= coarse salt

= kosher salt

### **Ground cherries**

= ripe tomatillos

### **Grouse**

= Cornish game hen

= squab



= quail

**Guanabana, also known as soursop**

*See Soursop*

**Guava**

= pears with a pinch of nutmeg and dash of lime juice

= strawberries, pineapple, and banana, to taste

**Gumbo filé, also known as filé powder or sassafras**

*See Sassafras*

**Gunga peas**

*See Pigeon peas*



## **Hairy cucumber, also known as fuzzy melon**

*See Fuzzy melon*

## **Haricots verts**

= young green beans

### **Harissa Sauce, also known as Tunisian Hot Sauce**

YIELDS ABOUT 2/3 CUP

- 1 whole head of garlic, peeled
- 6 small red chilies (if dried, soak first)
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon caraway seeds
- 1 tablespoon dried mint
- 1 tablespoon olive oil
- 1 teaspoon salt
- 3 tablespoons (or more) fresh coriander

Blend in a food processor.

## **Hazelnuts**

*See Nuts*

## **Hedgehog mushrooms, also known as pied de mouton**

*See Mushrooms*

### **Herb Butter**

YIELDS 1/3 CUP

- ½ teaspoon parsley, chopped
- ½ teaspoon chives, chopped
- ½ teaspoon tarragon, chopped
- ½ teaspoon shallots, chopped
- 4 tablespoons salted butter, creamed

Combine.

### **Herbes de Provence**

YIELDS 1 TO 2 TABLESPOONS

- 1 teaspoon fresh thyme
- 1 teaspoon fresh summer savory
- ½ teaspoon fresh oregano
- ½ teaspoon fresh basil
- ¼ teaspoon fresh rosemary

Mince together. Once prepared, herbs may be used fresh or dried.

### **Hoisin Sauce**

YIELDS ABOUT ½ CUP

- 3 tablespoons black beans
- 1 teaspoon garlic powder
- 3 tablespoons soy sauce
- 2 tablespoons honey

Put beans in food processor and pulverize. Add rest of ingredients and mix well.

### **Hominy grits**

*See Grains*

### **Honey**

1 lb. honey = 1 1/3 cups honey

### **Honey, in baking, 1 cup**

- = corn syrup, light or dark
- = molasses
- = 1¼ cups sugar plus ¼ cup more liquid

**Note:** Substitutes may cause the product to brown faster.

### **Honey Butter**

YIELDS ¼ CUP

- 1 tablespoon honey
- 3 tablespoons butter, softened

Blend well.

## **Honey Mustard**

YIELDS ¼ CUP

2 tablespoons honey

3 tablespoons prepared yellow mustard

Blend well.

## **Horseradish, fresh, grated**

= daikon radish

= wasabi

## **Hot Fudge Sauce**

YIELDS ABOUT 1½ CUPS

1 egg, slightly beaten

1 cup sugar

¼ cup cream

2 squares unsweetened baking chocolate

1 tablespoon butter

1 teaspoon vanilla

Heat first four ingredients slowly over low heat. Bring to a boil. Cool slightly. Beat in butter and vanilla. Serve warm.

## **Hot Fudge Sauce, Bittersweet**

YIELDS 2½ CUPS

4 squares unsweetened baking chocolate

3 tablespoons butter

2/3 cup water

1<sup>3</sup>/<sub>4</sub> cups sugar

<sup>3</sup>/<sub>4</sub> cup corn syrup

1 teaspoon vanilla or rum

Melt butter and chocolate slowly over low heat. Add water, sugar, and corn syrup. Boil 10 minutes. Allow to cool slightly. Beat in vanilla or rum. Serve warm.

### **Hot Pepper Jelly**

YIELDS 1 CUP

1 cup apple jelly

1<sup>1</sup>/<sub>2</sub> small, hot chilies or 2 tablespoons canned chili peppers

Combine. Process in a food processor.

### **Hot pepper sauce**

= bottled hot sauce

= Tabasco sauce

= ground red pepper (smaller amounts may be required)

= cayenne pepper (smaller amounts may be required)

= hot red pepper flakes (smaller amounts may be required)

= chili powder (smaller amounts may be required)

### **Hot red pepper flakes**

= chopped, dried red chile peppers

= powdered red chile pepper (smaller amounts may be required)

### **Hubbard squash**

*See Squash, winter*

### **Huckleberries**

*See Berries*

**Icing sugar**

*See Sugar, powdered*

**Irish moss, also known as carrageenan, 2 tablespoons**

= 1 envelope or 1 tablespoon gelatin

= 2 teaspoons agar

**Israeli couscous**

*See Couscous*

**Italian Seasoning**

YIELDS ABOUT ¼ CUP

1 tablespoon oregano

1 tablespoon thyme

1 tablespoon basil

1 tablespoon parsley

**Optional:** Add up to 1 teaspoon marjoram and/or rosemary

**Note:** All ingredients should be either dried or fresh; do not mix dried and fresh.

Mix together.





**Jackfruit**

*See Breadfruit*

**Jaggery, 1 cup**

= ½ cup white sugar plus ½ cup brown sugar

**Japanese pears**

*See Asian pears*

**Jerusalem artichokes, also known as sunchokes**

= artichoke hearts

= crosnes

**Jicama**

= crosnes

= daikon

= raw turnip

= water chestnut

**Juniper berries**

= a small amount of gin, boiled for a few minutes

= bay leaves with a pinch of caraway seeds and chopped mint



**Kabocha squash**

*See Squash, winter*

**Kale**

*See Greens*

**Kale, Tuscan, also known as black kale**

= kale

**Kasha, also known as buckwheat groats**

*See Grains*

**Ketchup I**

YIELDS 1 CUP

½ cup tomato sauce

2 tablespoons sugar

2 tablespoons vinegar

½ teaspoon salt

1/8 teaspoon ground cloves

Combine and blend well.

## **Ketchup II**

YIELDS ABOUT 1 CUP

½ cup tomato sauce

½ cup tomato paste

¼ cup sugar

3 tablespoons vinegar

1 teaspoon salt

Combine and blend well.

### **Key limes**

= limes (smaller amounts may be required)

### **Kidney beans**

= pink beans

= pinto beans

= red beans

### **King crab**

*See Crab*

### **Kiwi fruit**

= strawberries with a few dashes of lime juice

### **Kohlrabi**

= cauliflower

= artichoke heart

= broccoli stems

= cabbage

= celeriac

= radish

= turnip

### **Kosher salt**

= coarse salt

### **Kudzu**

= beets

### **Kumquat**

= orange mixed with half the amount of lime, and a dash of bergamot

**Langouste**

- = crayfish
  - = langoustine
  - = lobster
  - = prawns
  - = shrimp
- See Shellfish*

**Langoustine**

- = crayfish
  - = langouste
  - = lobster
  - = prawns
  - = shrimp
- See Shellfish*

**Laos powder, also known as galangal**

*See Galangal*

**Leeks**

- = shallots
- = green onions
- = ramps
- = green garlic

= onions (smaller amounts may be required)

*See Onions*

### **Lemon**

1 medium lemon = 2 to 3  
tablespoons lemon juice

1 medium lemon = 1 tablespoon  
grated lemon rind (zest)

### **Lemon, as flavoring**

= lime

= lemongrass

= verbena

### **Lemongrass**

= lemon zest

= verbena

= lemon juice

### **Lemon juice**

= lemon peel

= vinegar

= lime juice

= crushed Vitamin C pills mixed with water to taste (for flavoring, up to  
1 tablespoon)

### **Lemon peel, grated, 1 teaspoon**

= 2 tablespoons lemon juice

= equal amount of marmalade

= equal amount of lime or orange peel

**Note:** If less than 1 tablespoon, can be omitted from recipe, especially if another flavoring or essence is used.

*See Flavorings*

## **Lemons**

= limes

## **Lentils**

= green lentils

= red lentils

= split peas

**Note:** Preparation and cooking times will vary.

## **Lettuce and salad greens, buttery and soft**

bibb, also known as limestone

Boston, also known as butterhead

butterhead, also known as Boston

corn salad, also known as lamb's lettuce or mâche

green leaf

lamb's lettuce, also known as corn salad or mâche

limestone, also known as bibb

mâche, also known as lamb's lettuce or corn salad

mesclun

oak leaf

red leaf

salad bowl

## **Lettuce and salad greens, crisp and crunchy**

cos, also known as romaine

crisphead, also known as iceberg

iceberg, also known as crisphead  
romaine, also known as cos

**Lettuce and salad greens, pungent to slightly bitter**

arugula, also known as rocket  
Belgian endive  
chicory, also known as curly endive or friséé  
curly endive, also known as chicory or friséé  
dandelion greens  
escarole  
friséé, also known as chicory or curly endive  
garden cress, also known as pepper grass  
mizuna  
mustard greens  
nasturtium leaves  
pepper grass, also known as garden cress  
purslane  
radicchio  
rocket, also known as arugula  
sorrel  
watercress

**Lima beans**

= fava beans

**Lime juice**

= lemon juice

**Limes**

1 medium lime = 2 tablespoons juice



**Limes**

= lemons

**Lingonberries**

= cranberries

= currants, fresh

**Liqueurs**

Standard liqueur flavors include:

anise (or licorice): Pastis, Ouzo, Pernod, Arak

black currant: Cassis, Chambord

mint: Crème de Menthe

orange: Curacao, Grand Marnier, Cointreau, Triple Sec

**Litchi**

*See Lychee*

**Lobster**

= crayfish

= langouste

= langoustine

= prawns

= shrimp

*See Shellfish*

**Lobster tail**

*See Lobster*

**Loganberries**

*See Berries*

**Lo mein**

*See Noodles, Asian*

**Lovage**

= celery leaves with a dash of curry powder and ground black pepper

= celery leaves

**Lychee, also known as litchi**

= grapes, peeled



## **Macaroni**

1 lb. elbow = 8 to 9 cups cooked

### **Macaroni**

*See Pasta, tube*

### **Mace**

= allspice

= cloves

= nutmeg

**Optional:** Add dash of cardamom

### **Mâche**

= arugula

= spinach

*See Lettuce and salad greens*

### **Madeira**

= sherry

= port

= Marsala

= sweet vermouth

**Malt vinegar**

*See Vinegar*

**Mandarin oranges**

= clementines

= satstumas

= tangerines

= oranges

**Mango**

= peach with a dash of lemon and allspice

**Manioc, also known as yuca or cassava**

*See Cassava*

**Maple syrup**

*See Pancake syrup*

**Margarine**

1 lb. = 4 sticks

1 lb. = 2 cups

1 stick =  $\frac{1}{2}$  cup

**Margarine**

= butter

= shortening

*See Butter, in baking*

**Marinade for Beef, Lamb, or Chicken**

YIELDS ABOUT 2½ CUPS

1 cup red wine or red wine vinegar for beef or lamb; or 1 cup dry white wine for chicken

1 cup salad oil or olive oil or combination

2 cloves garlic

1 teaspoon black pepper, freshly ground

¼ cup minced fresh parsley

½ teaspoon dried thyme

½ teaspoon dried marjoram

1 bay leaf

**Optional:** 1 small onion, chopped; 1 small carrot, chopped; 2 allspice berries, whole; 1 teaspoon salt; ½ teaspoon dried rosemary

Combine ingredients.

### **Marinade for Fish or Chicken**

YIELDS ABOUT 3½ CUPS

1½ cups soy sauce

1¾ cups ketchup (optional)

¼ cup dry red wine

2 tablespoons fresh grated ginger

2 tablespoons brown sugar

1 small onion, finely chopped

Juice of 1 lemon (2 to 3 tablespoons)

Dash of bottled hot sauce

2 cloves garlic, mashed

Combine ingredients.

### **Marinade for Pork**

YIELDS ABOUT 2 CUPS

1½ cups dry white wine

3 tablespoons olive oil

1 small onion, chopped

1 bay leaf

2 whole cloves garlic

½ teaspoon dried thyme

**Optional:** 1 small carrot, chopped; 2 allspice berries, whole; 2 juniper berries, whole

Combine ingredients.

### **Marionberries**

*See Berries*

### **Marjoram**

= oregano (smaller amounts may be required)

= thyme

= basil

= summer savory

### **Market mushrooms**

*See Mushrooms, market*

**Marrow beans**

- = great northern beans
- = navy beans
- = pea beans
- = white beans

*See Beans*

**Marrow squash**

*See Vegetable marrow*

**Marsala**

- = sweet vermouth
- = Madeira
- = medium sweet sherry
- = port

**Marshmallows**

1 large = 6 miniature

11 large = 1 cup

**Masa harina**

*See Cornmeal*

**Mascarpone**

- = cream cheese or ricotta cheese, whipped with a little butter and/or heavy cream

*See Cheeses*

**Matsuke mushrooms**

= morel mushrooms

**Maui onions**

*See Onions, sweet*

**Mayonnaise, in dips**

= yogurt or sour cream

**Optional:** Add several drops of lemon juice to taste

**Melon**

= papaya

= mango

**Melon, crenshaw**

= Spanish melon

**Melon, honeydew**

= Casaba melon

**Melon pears, also known as pepino**

*See Pepino*

**Membrillo**

= quince jelly or paste

**Mesclun**

*See Greens*

**Mexican mint marigold**



= tarragon

### **Milk, condensed**

*See Condensed milk (sweetened)*

### **Milk, evaporated**

= light cream or half and half

= heavy cream

### **Milk, in baking, up to ½ cup**

= fruit juice plus ½ teaspoon baking soda added to the flour

= equal amount of fruit juice and/or water

### **Milk, whole, 1 cup**

= 1 cup light cream (**Optional:** Remove up to 4 tablespoons shortening from recipe)

= ½ cup evaporated milk plus ½ cup water

= 1 cup 1 percent, 2 percent, or skim milk (**Optional:** Add 1 to 2 tablespoons butter or shortening)

= 3 tablespoons of milk powder plus 1 cup water (add 2 tablespoons butter or shortening if whole milk is required)

= 1 cup soy or nut milk

= 1 cup buttermilk plus ½ teaspoon baking soda

### **Millet**

= orzo (or other tiny pasta)

= barley

= quinoa

*See Grains*

*See Pasta*

**Mineola**

= grapefruit and tangerine in equal amounts

**Mineral water**

= club soda

= seltzer

**Mint**

= mint or spearmint tea from tea bags or bulk tea

= crème de menthe, in sweets

= shiso

= basil

**Mirin, also known as Japanese sweet rice wine**

= sweet sake

= sweet sherry

= sweet vermouth

**Mirliton, also known as chayote or christophine squash**

*See Chayote*

**Mizuna**

= chicory or arugula

*See Lettuce and salad greens*

**Molasses, in baking, 1 cup**

=  $\frac{3}{4}$  cup white or brown sugar plus  $\frac{1}{4}$  cup liquid, and increase spices

**Morel mushrooms**

= matsuke mushrooms

**Morello cherries**

*See Sour cherries*

**Moss, Irish, also known as carrageenan, 2 tablespoons**

= 1 envelope or 1 tablespoon gelatin

= 2 teaspoons agar

**Mulled Cider Spice Blend**

YIELDS ENOUGH FOR 6 CUPS CIDER

1 cinnamon stick broken in pieces

1 whole nutmeg cut into quarters

6 whole cloves

2 teaspoons dried lemon zest

Tie up together in a piece of cheesecloth.

**Mung beans**

= split peas

**Mushrooms**

*See C pe chanterelle, market, matsuke, morel, oyster, pied de mouton, porcini, shiitake*

**Mushrooms, fresh**

1 lb. = 5 cups sliced

1 lb. = 12 oz. canned, drained

1 lb. = 3 oz. dried

**Mushrooms, market, also known as button mushrooms**

= oyster mushrooms

**Mussels**

= clams

= oysters

*See Shellfish*

**Mustard, dry, 1 teaspoon**

= 1 tablespoon prepared mustard from jar

**Mustard, hot, Chinese**

= Coleman's English dry mustard, prepared with water

**Mustard, Prepared**

YIELDS ½ TABLESPOON

1 teaspoon dry mustard

½ teaspoon water

2 drops vinegar

Mix well.

**Mustard greens**

*See Lettuce and salad greens*

**Nam pla**

= 1 part soy sauce blended with 4 parts mashed anchovies

**Navy beans**

= great northern beans

= marrow beans

= pea beans

= white beans

*See Beans*

**Nectarines**

= peaches

**Neufchatel cheese**

= cream cheese

*See Cream cheese*

**Nigella**

= black pepper (about  $\frac{1}{4}$  the amount) with a pinch of mustard seed or sesame seed

**Note:** Toasted = toasted sesame seed with a dash of black pepper

**Noodles**

1 lb. dried = 6 to 8 cups cooked

## **Noodles**

*See Pasta*

## **Noodles, Asian**

= cellophane, also known as bean threads or vermicelli (soybean)

= lo mein

= rice stick

= soba

= udon

= vermicelli (soybean), also known as cellophane or bean threads

**Note:** These are made from vegetables or grains; preparation times will vary.

## **Nopal, also known as cactus**

*See Cactus*

## **Nutmeg**

= allspice

= cloves

= mace

## **Nuts**

1 lb. shelled = 4 cups nutmeats

1 lb. in shell = 1 2/3 cups nutmeats

**Note:** If less than 1/2 cup, can be omitted from recipe.

## **Nuts, in baking**

= bran

= soy nuts, toasted and chopped



## **Oats**

1 cup, quick cooking = 1 $\frac{3}{4}$  cups cooked

### **Oats, in baking, 1 cup**

=  $\frac{3}{4}$  cup white flour

### **Oats, rolled, quick cooking**

*See Grains*

### **Oats, rolled, regular**

*See Grains*

### **Oats, steel-cut**

*See Grains*

## **Octopus**

= calamari, also known as squid

= squid or baby squid, also known as calamari

## **Oil, for cooking or frying**

= canola oil, also known as rapeseed oil

= corn oil

= grapeseed oil

- = light sesame oil
- = olive oil
- = peanut oil (adds some flavor)
- = rice bran oil
- = safflower oil
- = soy oil
- = vegetable oil

**Note:** The burning temperatures of different oils vary.

### **Oil, for baking, 1 tablespoon**

- = 1¼ tablespoons butter
- = 1¼ tablespoons margarine
- = 1 tablespoon applesauce
- = 1 tablespoon mayonnaise, in cake recipes

**Note:** Use these substitutions only for small amounts, up to a few tablespoons. When substituting olive or other strong oils in baking, the baked goods may be flavored.

### **Oil, for salads, flavored**

- = almond oil
- = Asian sesame or dark sesame oil
- = hazelnut oil
- = olive oil
- = pumpkin oil
- = walnut oil

### **Oil, for salads, unflavored**

- = avocado oil
- = canola oil, also known as rapeseed oil
- = grapeseed oil



- = rice bran oil
- = safflower oil
- = soy oil
- = sunflower oil

**Oil, for sautéing (not for deep-fat frying)**

- = margarine or butter

**Okra**

1 medium =  $\frac{3}{4}$  cup chopped

**Okra**

- = eggplant (texture will be different)
- = green bell peppers
- = green beans

**Olallieberries**

*See Berries*

**Onion**

1 medium =  $\frac{1}{2}$  cup chopped, fresh or frozen

**Onion powder, 1 teaspoon**

- = 1 tablespoon minced onion
- See Onion, white or yellow*

**Onion, white or yellow, 1 medium**

- = red onion, not usually used for cooking
- = 1 tablespoon instant dried minced onion

- = 1 tablespoon onion powder
- = shallots (use up to twice the amount)
- = leeks
- = chives (use up to 4 times amount)
- = green onions (use up to 3 times amount), also known as scallions
- = scallions (use up to 3 times amount), also known as green onions
- = pearl onions

### **Onions, green**

*See Green onions*

### **Onions, sweet**

Bermuda

Maui

red, also called Italian red or purple

Spanish yellow

Vidalia

Walla Walla

### **Orange peel, grated, up to 1 tablespoon**

- = tangerine peel
- = marmalade
- = Grand Marnier
- = Curaçao
- = Cointreau
- = lemon or lime peel

**Note:** If less than 1 tablespoon, can be omitted from recipe.

### **Oranges**

- = mandarin oranges

= clementines

= satsumas

= tangerines

### **Oranges**

1 medium =  $\frac{2}{3}$  to  $\frac{1}{2}$  cup juice

1 medium = 1 to 2 tablespoons

peel, finely grated

### **Oregano**

= basil

= marjoram

= thyme

### **Oyster mushrooms**

= button or market mushrooms

### **Oyster plant, also known as salsify**

*See Salsify*

### **Oysters**

= mussels

= clams

**Note:** Cooking times will vary.

*See Shellfish*

**Pancake syrup, maple**

- = birch syrup
- = spruce syrup
- = fruit jelly, melted (add water to thin)
- = dark corn syrup

**Pancetta**

- = bacon, cooked
- = prosciutto
- = thinly sliced ham

**Panko**

- = breadcrumbs, lightly toasted

**Paprika, hot**

- = turmeric and cayenne pepper, in equal amounts

**Paprika, smoked, also known as pimentón**

- = sweet paprika with a dash of smoke flavoring

**Paprika, sweet**

- = turmeric with a dash of red pepper

**Parsley**

- = chervil
- = tarragon

**Parsley root**

- = parsnips

**Parsnips**

- = parsley root
- = carrots

**Passion fruit**

- = pomegranate mixed with much smaller amounts of apricot and grapefruit
- = pomegranate
- = lemon sweetened with honey, and a dash of rose or lavender flavoring, to taste

**Pasta**

1 8-oz.package = 5½ cups cooked

**Pasta, filled**

- agnolotti
- cannelloni
- manicotti
- ravioli
- tortellini

**Pasta, flat**

- egg noodles

fettuccine  
linguine  
tagliatelle

### **Pasta, medium**

bucatini  
Oriental (ramen) noodles  
rice noodles  
soba (buckwheat) noodles  
spaghetti

### **Pasta, miscellaneous shapes**

farfalle (“butterflies”; also known as bow-tie pasta)  
fusilli  
gnocchi (miniature potato dumplings)  
pasta shells (small, medium, and large)  
rotelle (“wheels”)  
rotini (“corkscrews”)  
ruote (“wagon wheels”)

### **Pasta, thin**

angel hair  
capellini  
fedelini  
spaghettini  
vermicelli

### **Pasta, tiny, and grain equivalents**

barley  
couscous

orzo  
pastini  
pearl couscous  
rice

**Pasta, tube**

bocconcini  
cannolicchi  
ditali  
macaroni  
mostaccioli (“little mustaches”)  
penne  
rigatoni  
ziti

**Pattypan squash, also known as summer squash**

*See Summer squash*

**Pea beans**

= great northern beans  
= navy beans  
= marrow beans  
= white beans

*See Beans*

**Peaches**

1 lb. = 4 medium

1 lb. = 2 cups, sliced, peeled

**Peaches**

- = nectarines
- = cantaloupe

**Peanut butter, up to ¼ cup**

- = sesame paste
- = almond or other nut butters

**Note:** Add 1 teaspoon oil or other liquid if substitutes are stiff.

**Peanuts**

1 lb. shelled = 2¼ cups

**Pear-apples**

*See Pears*

**Pearl couscous, also known as Israeli couscous**

*See Couscous*

**Pearl onions**

*See Onions*

**Pearl onions**

1 small onion = 4 pearl onions

**Pears**

- = Asian pears
- = apples

**Peas**

1 lb. in pod = 1 cup shelled



## **Pecans**

1 lb. shelled = 3 to 4 cups nutmeats

## **Pecans**

= walnuts, in small amounts

## **Pepino, also known as melon pears**

= pears with a dash of vanilla

= melon

## **Pepper**

*See Black pepper, cayenne pepper, chili pepper, hot red pepper, pink pepper, red pepper*

## **Pepper, aleppo**

= crushed red pepper flakes

## **Pepper, Lemon**

YIELDS ABOUT 1/3 CUP

3 tablespoons freshly ground pepper

3 tablespoons lemon zest

1 tablespoon chopped chives

## **Peppercorns**

= black peppercorns

= green peppercorns

- = pink peppercorns
- = white peppercorns

**Note:** Peppercorns vary in strength.

### **Pepperoni**

- = sausage, cooked
- = salami

### **Peppers**

1 cup uncooked =  $\frac{1}{2}$  cup cooked

1 lb. = 2 to 2 $\frac{1}{2}$  cups uncooked

1 large =  $\frac{3}{4}$  to 1 cup chopped

### **Peppers, chili**

- = cayenne
- = fresno
- = habanero
- = jalapeno
- = pequin
- = Scotch bonnet
- = serrano
- = Thai

**Note:** Chili Peppers vary greatly in strength from mild to extra hot, so use care when attempting substitutions.

### **Peppers, chili, milder**

- = Anaheim
- = ancho (dried poblano)
- = banana peppers
- = cherry peppers

- = chile verde, green
- = chile Colorado, red
- = Hungarian wax
- = pasilla, also known as poblano
- = pepperoncini
- = poblano, also known as pasilla (called ancho when dried)
- = Tuscan

### **Peppers, gold**

*See Peppers, yellow*

### **Peppers, green or bell**

- = Anaheim
- = celery
- = jicama
- = orange peppers
- = pimiento
- = red peppers
- = sweet banana peppers
- = water chestnuts
- = yellow peppers

### **Peppers, red sweet**

- = green peppers
- = orange peppers
- = yellow peppers

**Note:** These are bell peppers, not chile peppers.

### **Peppers, yellow, also known as gold peppers**

- = green peppers

= orange peppers

= red peppers

**Note:** These are bell peppers, not chile peppers.

### **Pepper Shake, Spicy**

YIELDS ABOUT ½ CUP

- 1 tablespoon cayenne pepper
- 2 tablespoons garlic powder
- 2 tablespoons paprika
- 2 tablespoons parsley
- 2 tablespoons ground black pepper
- ½ tablespoon salt (optional)

### **Persimmon**

= pureed cooked squash or pumpkin, sweetened

= mashed banana mixed with equal amount of drained, crushed pineapple

= mango

### **Pesto**

YIELDS 2 CUPS

- 2 cups fresh basil leaves, washed and thoroughly dried
- 2 cloves garlic
- ½ cup olive oil
- 1 cup freshly grated Parmesan or Pecorino Romano cheese
- ½ cup toasted pine nuts or shelled, toasted walnuts

Process in a blender or food processor until smooth. Serve at room temperature.

**Petit pois**

- = baby green peas
- = pigeon peas
- = gunga peas

**Pickle relish, sweet**

- = chopped sweet pickles

**Pickling Spice**

YIELDS ABOUT 1 CUP

- 4 3-inch cinnamon sticks
- 1 1-inch piece dried ginger
- 2 tablespoons mustard seed
- 2 teaspoons whole allspice
- 2 teaspoons black peppercorns
- 2 teaspoons whole cloves
- 2 teaspoons dill seed
- 2 teaspoons coriander seed
- 2 teaspoons ground mace
- 8 bay leaves, crumbled

**Optional:** 1 to 1½-inch dried red chile pepper, chopped

Combine ingredients.

**Pied de mouton, also known as hedgehog mushrooms**

= chanterelles

**Pie Spice, Pumpkin or Apple**

YIELDS ENOUGH FOR ONE 9-INCH PIE

½ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon ground cloves

1/8 teaspoon allspice

1/8 teaspoon cardamom

Combine spices.

**Pigeon peas, also known as gunga peas**

= lentils

= chickpeas

**Pignoli, also known as pine nuts**

*See Pine nuts*

**Pimento**

= sweet red peppers, roasted and peeled

**Pimentón**

*See Paprika, smoked*

**Pineapple guava, also known as feijoa**

= pineapple flavored with a little strawberry and banana

= pineapple and grapes and a dash of lemon, and mint

**Pine nuts, also known as pignoli**

= chopped walnuts

= blanched, peeled, slivered almonds

**Pink beans**

= pinto beans

= red beans

= kidney beans

**Pink peppercorns**

= black peppercorns

**Pinto beans**

= pink beans

= red beans

= kidney beans

**Pita bread**

= flour tortillas

**Plantains, also known as platanos**

= bananas

= sweet potatoes

= parsnips

**Note:** Use cooked parsnips only.

*See Boniato*

**Platanos, also known as plantains**

*See Plantains*

## **Plums**

= pluots

= fresh figs

**Note:** Greengage, damson, and Italian/black have distinct flavors.

### **Plum Sauce, also known as Duck Sauce**

YIELDS ABOUT ¼ CUP

¼ cup apricot jelly or plum jelly

1 teaspoon vinegar

1½ teaspoons sugar

Stir together until sugar dissolves.

## **Pluots**

= plums

= apricots

= fresh figs

## **Polenta**

= cornmeal

= grits

## **Pomegranate juice**

= grenadine with a dash of lemon juice

## **Pomelo, also known as pummelo**



= grapefruit

### **Ponzu Sauce**

YIELDS ABOUT 3 TABLESPOONS

2 tablespoons soy sauce

1 tablespoon lemon juice

Combine.

**Porcini mushrooms, also known as cêpe or boletus mushrooms**

= shiitake mushrooms

**Pork, ground**

= sausage meat (omit salt and other spices from recipe)

**Pork fat, fresh**

= salt pork, boiled briefly (omit salt from recipe)

= unsmoked bacon, boiled briefly (omit salt from recipe)

**Port**

= Madeira

= sherry

= Marsala

### **Potatoes**

1 lb. = 3 medium

1 lb. = 3 cups sliced

1 lb. = 2¼ cups cooked

1 lb. = 1¾ cups mashed

## **Poultry Seasoning**

YIELDS ABOUT ½ CUP

2 tablespoons dried marjoram

2 tablespoons dried savory

2 teaspoons dried parsley

1 tablespoon dried sage

1½ teaspoons dried thyme

Combine.

## **Powdered sugar**

*See Sugar, powdered*

## **Prawns**

= shrimp

= crayfish

= langouste

= langoustine

= lobster

*See Shellfish*

## **Prosciutto**

= smoked ham

= country ham

= bacon, cooked

## **Prunes**

1 lb. = 2¼ cups pitted

---

## **Prunes**

= dates

= raisins

= dried apricots

**Note:** If less than  $\frac{1}{4}$  cup, can be omitted from recipe.

## **Pulses**

*See individual pulses such as beans, lentils, or peas*

## **Pummelo, also known as pomelo**

*See Pomelo*

## **Pumpkin**

*See Squash, winter*

## **Puntarella**

= chicory, Italian



## **Quail**

= Cornish game hen

= squab

## **Quatre epices, 1 teaspoon**

= 1 teaspoon allspice

### **Quatre Epices**

YIELDS 1 TEASPOON

$\frac{1}{4}$  teaspoon black pepper

$\frac{1}{4}$  teaspoon nutmeg

$\frac{1}{4}$  teaspoon ginger

$\frac{1}{4}$  teaspoon cloves

Mix together.

## **Quince**

= sour cherries

= cranberries

= tart cooking apples

## **Quince, paste or jelly**

= membrillo

## **Quinoa**

= couscous

= millet

*See Rice, grains*



## R

### **Rabbit**

= chicken

### **Radicchio**

*See Lettuce and salad greens*

### **Radish**

= daikon radish

= grated horseradish

= jicama (for texture)

### **Rainier cherries**

*See Cherries, red*

### **Raisins**

= currant, dried

= golden raisins

= soft prunes or dates, finely chopped

= sultanas

**Note:** If less than ½ cup, can be omitted from recipe.

### **Raisins, golden**

*See Raisins*

**Ramps**

= leeks

= green onions, also known as scallions

**Rapini, also known as broccoli rabe**

*See Greens*

**Raspberries**

= blackberries

= boysenberries

*See Berries*

**Red beans**

= pinto beans

= pink beans

= kidney beans

**Red cabbage**

= green cabbage

**Red kuri squash**

*See Squash, winter*

**Red onions**

= Bermuda onions

= Maui onions

= Vidalia onions

*See Onions, sweet*

**Red pepper, ground**

- = cayenne pepper
- = chili powder
- = hot pepper sauce
- = bottled hot sauce
- = hot red pepper flakes

**Red pepper flakes, hot**

- = chopped, dried red chile peppers
- = powdered red chile pepper (different amounts may be required)

**Red pepper oil, also known as chile oil**

*See Chile oil*

**Red pepper sauce, hot**

*See Hot pepper sauce*

**Red peppers, sweet**

*See Peppers*

**Red wine vinegar**

*See Vinegar*

**Rice**

1 cup uncooked = 3 cups cooked  
1 lb. = 2 to 2½ cups uncooked

**Rice**

*Grains may be served instead of rice, or rice can be substituted for them in recipes.*



- = arborio rice
  - = basmati rice
  - = black Japonica rice
  - = Chinese black rice, also known as Chinese forbidden black rice
  - = Colusari red rice
  - = Himalayan red rice
  - = jasmine rice
  - = purple Thai rice
  - = short- and medium-grain white rice
  - = short- and medium-grain brown rice
  - = spelt
  - = quinoa
  - = wild rice
- See Grains*

### **Rice sticks**

*See Noodles, Asian*

### **Rice Vinegar, Seasoned, also known as Sweet Rice Vinegar**

YIELDS ABOUT ¼ CUP

3 tablespoons white wine vinegar

1 tablespoon sugar

Combine.

### **Rice wine**

*See Sake*

### **Rice wine, sweet Japanese, also known as mirin**

*See Mirin*

**Risotto, also known as arborio rice**

= short-grain white rice

= short-grain brown rice

**Rocket, also known as arugula**

*See Arugula*

**Romaine**

*See Lettuce and salad greens*

**Rosemary**

= marjoram

= thyme

**Rum**

= brandy

= cognac

**Rutabaga, also known as swede**

= turnip

**Rye berries**

*See Grains*

**Saffron, also known as azafran**

= safflower (larger amounts may be required)

*For color*

= achiotte, also known as annatto

= turmeric

= marigold petals, dried

**Sage**

= poultry seasoning

= savory

= marjoram

= rosemary

= oregano

**Sake**

= dry sherry or vermouth

= Chinese rice wine

**Salami**

= pepperoni

**Salmonberries**

*See Berries*

## **Salsa**

YIELDS ABOUT 2 CUPS

4 tomatoes, fresh or canned, chopped

½ cup green or red onions, chopped

¼ cup cilantro, chopped

2 cloves garlic, minced

½ teaspoon salt

1 small jalapeno pepper, seeded and chopped

2 tablespoons lime juice or red wine vinegar

1 teaspoon olive oil

Combine all ingredients.

### **Salsify, also known as oyster plant**

= parsnip (needs a longer cooking time)

### **Salt, coarse**

= kosher salt

### **Salt, for savory dishes, up to 1 teaspoon**

= soy sauce, to taste

### **Salt, kosher**

= coarse salt

### **Salt, sea**

= fleur de sel

### **Salt, Seasoned I**

YIELDS ABOUT 1¼ CUP

1 cup salt

2½ teaspoons paprika

2 teaspoons dry mustard

1½ teaspoons oregano

1 teaspoon garlic powder

1 teaspoon onion powder

Mix until well blended.

### **Salt, Seasoned II**

YIELDS ABOUT 2/3 CUP

½ cup salt

2 teaspoons ground pepper, black or white

2 teaspoons celery seeds

2 teaspoons cumin

2 teaspoons paprika

Pinch sugar (optional)

For spicy seasoned salt, add 1 teaspoon cayenne pepper

Mix together until well blended.

### **Salt substitute (as a flavor enhancer)**

= black pepper

- = garlic
- = onion powder
- = mustard powder
- = paprika
- = red pepper
- = lemon juice
- = vinegar
- = wine (not cooking wine)

### **Salt Substitute I**

YIELDS ABOUT ¼ CUP

- 1 tablespoon garlic powder
- 1 tablespoon powdered or crushed dried basil
- 1 tablespoon powdered or crushed dried oregano
- ½ tablespoon finely minced, dried lemon zest

Mix together until well blended.

### **Salt Substitute II**

YIELDS ½ CUP

- 1 tablespoon ground pepper
- 1 tablespoon celery seed
- 1 tablespoon ground coriander
- 2 tablespoons paprika
- 3 tablespoons crushed, dried summer savory

Mix together until well blended.

## **Sambal**

YIELDS ABOUT 1 CUP

2 cloves garlic

½ cup dried hot red chilies, seeded

1 onion sliced

4 tablespoons sugar

4 tablespoons lemon juice

4 tablespoons water

Blend ingredients in a food processor and then simmer for 10 minutes.  
Let cool before serving.

## **Sapote**

= mango with a little vanilla custard or a dash of vanilla, to taste

= a mixture of peaches and vanilla custard flavored with lemon, to taste

## **Sardines, processed**

= small herring

= small mackerel

## **Sassafras, also known as filé powder or gumbo filé**

= cumin with ¼ amount cornstarch for thickening

## **Satsumas**

= tangerines

- = clementines
- = mandarin oranges
- = oranges

### **Sausage**

- = pepperoni
- = ground pork with sage, marjoram, garlic, and onions to taste

### **Savory, summer**

- = thyme and half the amount of mint
- = sage

### **Savory, winter**

- = pepper and  $\frac{1}{4}$  the amount of bay leaf

### **Savoy cabbage**

- = Chinese cabbage
- = kohlrabi
- = lettuce
- = Brussels sprouts, shredded (in cooked dishes)

### **Scallions, also known as green onions**

*See Green onions*

### **Scallops**

- = shark

### **Seasoned rice vinegar, also known as sweet rice vinegar**

*See Rice vinegar*



**Seltzer**

*See Club soda*

**Semolina**

= farina

= cream of wheat

**Sesame seed**

= finely chopped almonds

**Shallots**

= green onions, also known as scallions

= leeks

= onions (use 2/3 amount)

*See Onions, green*

**Shellfish**

**Note:** Some shellfish can be substituted for each other; preparation and cooking times will vary.

*See Abalone, cockles, clams, crab, crayfish, langouste, langoustine, lobster, mussels, oysters, prawns, shrimp*

**Sherry**

= Madeira

= port

= Marsala

**Sherry vinegar**

*See Vinegar*

**Shiitake mushrooms**

- = boletus mushrooms, also known as cèpe or porcini mushrooms
- = cèpe mushrooms, also known as boletus or porcini mushrooms
- = porcini mushrooms, also known as boletus or cèpe mushrooms
- = meat, especially tender steak or veal

**Shiso**

- = basil
- = mint

**Shortening, in baking**

- = butter
- = margarine

*See Butter, in baking*

**Shrimp**

- = prawns
- = crayfish
- = langouste
- = langoustine

*See Shellfish*

**Snails**

- = shrimp

**Snow peas**

- = sugar snap peas

**Soba noodles**

*See Noodles, Asian*

**Softshell crab**

*See Crab*

**Sorrel**

= spinach (add a few drops of lemon)

*See Greens*

*See Lettuce and salad greens*

**Sour cherries**

= cranberries

= gooseberries

= currants, fresh

= quince

**Note:** These fruits are usually cooked.

**Sour cream, 1 cup**

= 1 tablespoon white vinegar plus enough milk to make 1 cup (let stand 5 minutes before using)

= 1 tablespoon lemon juice plus enough evaporated milk to make 1 cup (let stand 5 minutes before using)

= 1 cup plain yogurt, especially in dips and cold soups

= 7/8 cup cottage cheese blended to break up curds (mixed with yogurt if desired) and 2 tablespoons milk and 1 tablespoon lemon juice; blend well

= 6 ounces cream cheese plus 3 tablespoons milk

= 1/3 cup melted butter plus 3/4 cup sour milk, for baking

**Sour milk, 1 cup**

= 1½ tablespoons lemon juice or vinegar plus enough milk to make 1 cup

**Note:** With pasteurized milk, this is the only way to make sour milk.  
Pasteurized milk will spoil, but it will not go sour like raw milk.

**Soursop, also known as guanabana**

- = cherimoya
- = custard apple
- = sweetsop
- = melons and peaches
- = guavas and peaches

**Soy beans, also known as edamame**

- = lima beans
- = broad beans
- = fava beans

**Soy milk**

- = milk

**Soy Sauce**

YIELDS ¼ CUP

3 tablespoons Worcestershire sauce

1 tablespoon water

¼ teaspoon salt

Combine.

**Note:** Light and dark soy sauce can be substituted for each other.

**Soy Sauce, Indonesian-Style**

YIELDS ABOUT 1 CUP

½ cup soy sauce

¼ cup dark brown sugar

3 tablespoons dark corn syrup

1 tablespoon molasses

Combine.

### **Spaghetti**

1 lb. = about 6 cups cooked

### **Spaghetti**

= spaghetti squash

*See Pasta*

### **Spaghetti squash**

*See Squash, winter*

### **Spelt**

= barley

= farro

= wheat berries

*See Grains*

### **Spinach**

1 lb. fresh = ½ cup cooked

### **Spinach**

*See Greens*

### **Spiny lobster**

- = crayfish
- = langouste
- = langoustine
- = lobster
- = prawns
- = shrimp

*See Shellfish*

### **Split peas**

- = mung beans, in salads
- = lentils, in soups or stews

### **Sprouts**

*The following sprouts are interchangeable:*

- alfalfa
- bean
- buckwheat
- sunflower

**Note:** Radish sprouts are spicier.

### **Squab**

- = Cornish game hen
- = chicken
- = grouse
- = pigeon
- = quail

## **Squash, summer**

chayote, also known as mirliton or christophine

courgettes, also known as zucchini

pattypan, also known as white squash

vegetable marrow

white squash, also known as pattypan

yellow squash (straight or crooked neck)

zucchini, also known as courgettes

## **Squash, winter**

acorn

amber cup

Australian blue

autumn cup

banana

buttercup

butternut

calabazo, also known as West Indian pumpkin or Cuban squash

carnival

Cuban squash, also known as calabazo or West Indian Pumpkin

delicata

golden nugget

hubbard

kabocha

pumpkin

red kuri squash

spaghetti squash

sweet dumpling squash

table queen

turban

West Indian pumpkin, also known as calabazo or Cuban squash

**Squid, also known as calamari**

= octopus or baby octopus

**Star anise, also known as anise seed**

= fennel seed

*See Anise seed*

**Starfruit, also known as carambola**

= watermelon with a few dashes of lemon juice

**Stock—chicken, beef, veal, fish, vegetable**

= bouillon

= consommé

**Note:** Stock in a sauce may be replaced by wine for up to 1/3 of stock required.

**Stone crab**

*See Crab*

**Sugar**

granulated white, 1 lb. = 2 cups

granulated white, 1 cup = 6<sup>3</sup>/<sub>4</sub> ounces, approximately

powdered or confectioners, 1 lb. = 3<sup>1</sup>/<sub>2</sub> cups

firmly packed brown, 1 lb. = 2<sup>1</sup>/<sub>4</sub> cups

**Sugar, brown, ½ cup**

= ½ cup white sugar plus 2 tablespoons molasses



**Note:** To replace a combination of brown sugar and milk, use honey or molasses with powdered milk.

### **Sugar, caster**

*See Sugar, superfine*

### **Sugar, granulated white, 1 cup**

= 1 cup superfine sugar

= 1 cup turbinado sugar

= 1 cup firmly packed brown sugar

= 2 cups powdered sugar, sifted

=  $\frac{3}{4}$  cup honey or  $1\frac{1}{4}$  cups molasses and reduce other liquid in recipe by  $\frac{1}{4}$  cup; or add  $\frac{1}{4}$  cup flour if no other liquid is called for

= 1 cup corn syrup, but never replace more than half the amount of sugar this way; and reduce other liquid in the recipe by  $\frac{1}{4}$  cup for each 2 cups sugar substituted this way

#### **Note:**

- Sugar generally may be reduced by a quarter of the amount.
- Sugar can be reduced by  $\frac{1}{2}$  cup if liquid is reduced by  $\frac{1}{4}$  cup.
- A few tablespoons of granulated sugar may be replaced by maple sugar.
- Consult manufacturers of artificial sweeteners for recipes using those products.

### **Sugar, icing**

*See Sugar, powdered*

### **Sugar, powdered, 1 cup sifted**

=  $\frac{1}{2}$  cup granulated white sugar

**Note:** Granulated sugar takes longer to dissolve.

**Sugar, superfine**

= granulated sugar

**Note:** Granulated sugar takes longer to dissolve.

**Sugar, Vanilla**

YIELDS 2 CUPS

2 cups sugar

2 vanilla beans

Cover vanilla beans with sugar. Store in an airtight container for at least 24 hours. Replenish sugar as used until vanilla aromas are depleted.

**Sugar snap peas**

= snow peas

**Sultanas**

= currants, dried

= golden raisins

= soft prunes or dates, finely chopped

= raisins

**Note:** If less than ½ cup, can be omitted from recipe.

**Sumac**

= lemongrass

= lemon verbena

= zaatar

**Summer savory**

*See Savory, summer*

**Summer squash**

*See Squash, summer*

**Sunchokes, also known as Jerusalem artichokes**

*See Jerusalem artichokes*

**Sunflower sprouts**

= watercress

*See Sprouts*

**Swede**

*See Rutabaga*

**Sweet dumpling squash**

*See Squash, winter*

**Sweet onion**

*See Onions, sweet*

**Sweet potatoes**

= yams

*See Boniato*

**Sweet rice vinegar, also known as seasoned rice vinegar**

*See Rice vinegar*

**Sweetsop**

= cherimoya

= atemoya

*See Soursop*

**Swiss chard**

*See Greens*

**Table queen squash**

*See Squash, winter*

**Tahini**

- = ground sesame seeds, finely ground and made into a paste with olive or sesame oil
- = unsalted sunflower seeds or blanched almonds, finely ground into a paste with vegetable oil

**Tamarind**

- = dried apricots and dates with lemon juice to taste
- = chopped prunes, with lemon juice

**Tamarind paste**

- = dried apricots and dates with lemon juice to taste
- = chopped prunes, with lemon juice

**Tamarind pods**

- = lemon juice

**Tangerines**

- = satsumas
- = mandarin oranges
- = clementines

= oranges

### **Taro, also known as dasheen**

= sweet potato

= yam

= parsnip

*See Dasheen*

### **Tarragon**

= anise (use ½ amount)

= Mexican mint marigold (larger amount may be required)

= chervil (use 1½ times amount)

### **Tartar Sauce**

YIELDS ABOUT ½ CUP

2 tablespoons sweet pickle relish or sweet pickles, chopped

4 tablespoons mayonnaise

1 tablespoon onion, chopped (optional)

1 tablespoon hard-boiled egg, chopped (optional)

a few drops lemon juice (optional)

½ teaspoon mustard (optional)

½ teaspoon dill (optional)

Combine.

### **Tea**

1 lb. leaves = 100 servings

## **Teriyaki Sauce**

YIELDS ½ CUP

5 tablespoons soy sauce

3 tablespoons seasoned rice vinegar

1 teaspoon ginger, powdered or fresh, minced

Combine and mix well.

## **Thousand Island Dressing**

YIELDS ABOUT 1¾ CUPS

1 cup mayonnaise

¼ cup chili sauce

¼ cup ketchup

¼ cup pickle relish

1 chopped hard-boiled egg

Combine and stir well.

## **Thyme**

= marjoram

= oregano

= summer savory

= bay leaf (remove before serving)

## **Tomatillos**

= fresh green tomatoes with a few dashes of lemon juice

= green tomatoes

= ground cherries

**Tomatoes, canned, 1 cup**

= 1 1/3 cups chopped fresh tomatoes, simmered

**Tomatoes, cooked, seasoned, 1 lb.**

= 8 ounces tomato sauce, for cooking

**Tomatoes, fresh**

1 lb. = 2 to 3 medium

1 lb. = 8 ounces canned

1 lb. = 1½ cups chopped

**Tomato juice, 1 cup**

= 2 or 3 fresh, ripe tomatoes, peeled, seeded, and blended in blender or food processor (add salt and lemon juice to taste)

= ½ cup tomato sauce plus ½ cup water for cooking

**Tomato paste, 1 tablespoon**

= 1 tablespoon ketchup

= ¼ cup tomato sauce (and boil longer or reduce some other liquid from recipe)

**Tomato puree, 1 cup**

= 1 cup tomato sauce

= ½ cup tomato paste plus ½ cup water

**Tomato sauce, 2 cups**

= ¾ cup tomato paste plus 1 cup water



= 2 cups tomato puree

**Tortillas**

= pita bread, split open

= lavash bread

**Triticale, flaked**

= rolled oats

**Triticale berries**

= wheat berries

**Truffles, fresh**

= canned truffles or canned truffle peels; add canning liquid if possible

= truffle oil for flavoring

**Note:** Fresh truffles are much more aromatic.

**Tuna, canned**

= albacore

= cooked, boned chicken

**Tunisian hot sauce**

*See Harissa*

**Turban squash**

*See Squash, winter*

**Turkey**

= chicken

**Turmeric**

= mustard powder, with an optional dash of saffron

**Turnip greens**

*See Greens*

**Turnips, for cooking**

= rutabaga

= swede

= kohlrabi

**Turnips, raw**

= jicama

= radish

**Tuscan kale**

*See Kale, Tuscan*

**Twentieth century pears**

*See Asian pears*



**Udon noodles**

*See Noodles, Asian*

**Ugli or ugli fruit**

= grapefruit sweetened with sugar to taste



### **Vanilla extract, in baking**

= Tuaca liqueur

= almond, peppermint, or other extracts (smaller amounts may be required)

**Note:** These will alter the flavor of the finished product.

### **Veal, scallops**

= boned, skinned chicken breasts

= turkey breast slices

### **Vegetable marrow**

= zucchini, also known as courgettes

*See Squash, summer*

### **Verbena**

= lemon peel

= lemongrass

= sumac

### **Vermicelli**

*See Pasta*

### **Vermicelli (soybean), also known as bean thread and cellophane noodles**

*See Noodles, Asian*

**Vidalia onions**

*See Onions, sweet*

**Vienna sausages**

- = frankfurters, sliced
- = hot dogs, sliced
- = knockwurst, sliced

**Vinegar**

- = lemon juice, in cooking and salads
- = grapefruit juice, in salads
- = wine, in marinades

**Vinegar, medium**

- apple cider vinegar
- champagne vinegar
- flavored vinegars
- malt vinegar
- red wine vinegar
- rice vinegar
- rice vinegar, sweet
- sherry vinegar
- white vinegar
- white wine vinegar

**Vinegar, strong**

- balsamic vinegar
- white balsamic vinegar



**Walla Walla onions**

*See Onions, sweet*

**Wasabi, powdered**

= horseradish

= mustard

= daikon radish

**Wasabi, prepared, 1 tablespoon**

= 1 tablespoon hot dry mustard plus 1½ teaspoons vinegar

**Water chestnuts**

= jicama, raw

**Watercress**

= sunflower sprouts

*See Lettuce and salad greens*

*See Greens*

**Wax beans**

= green beans

**West Indian pumpkin, also known as calabazo or Cuban squash**

*See Squash, winter*

**Wheat, cracked**

*See Grains*

**Wheat berries**

= farro

= barley

= spelt

*See Grains*

**Whiskey**

= bourbon

**White balsamic vinegar**

*See Vinegar*

**White beans**

= great northern beans

= pea beans

= marrow beans

= navy beans

*See Beans*

**White peppercorns**

= black peppercorns

= pink peppercorns

**Note:** Peppercorns vary in strength.

**White sweet potatoes**

*See Boniato*

**White vinegar**

*See Vinegar*

**White wine vinegar**

*See Vinegar*

**Wild rice**

*See Rice*

*See Grains*

**Wine, for marinades, ½ cup**

= ¼ cup vinegar plus 1 tablespoon sugar plus 3 tablespoons water

**Winter melon**

= zucchini

= fuzzy melon

= chayote

**Winter savory**

*See Savory, winter*

**Winter squash**

*See Squash, winter*

**Wood ear mushrooms**

= cloud ear mushrooms

= black fungus mushrooms

= silver ear mushrooms



## Worcestershire Sauce

MAKES ABOUT 2 TEASPOONS

1 teaspoon soy sauce or vinegar

¼ teaspoon tamarind paste or sugar or molasses

¼ teaspoon anchovy paste

1/8 teaspoon onion powder or minced onions, crushed

2 drops hot pepper sauce

1 dash nutmeg or mace

**Optional:** 1 dash lemon juice

Mix well.



## **Yams**

= sweet potatoes

*See Boniato*

### **Yeast, compressed, 1 cake**

= 2 envelopes dry yeast

= 2 tablespoons powdered yeast

### **Yeast, dry, 1 envelope**

= 1 tablespoon powdered yeast

= ½ cake compressed yeast, crumbled

## **Yellow finn potatoes**

= yukon gold potatoes

## **Yellow onions**

*See Onions*

## **Yellow peppers, also known as gold peppers**

*See Peppers*

## **Yellow squash, crookneck or straightneck**

= pattypan squash

= zucchini

*See Squash, summer*

### **Yogurt, plain**

= sour cream

= crème fraîche

= buttermilk

= heavy cream

= cottage cheese and half the amount of mayonnaise blended smooth  
(only up to ¼ cup, for salads or dips)

### **Youngberries**

*See Berries*

### **Yuca, also known as manioc or cassava**

*See Cassava*

### **Yukon gold potatoes**

= yellow finn potatoes

= potatoes

### **Yuzu**

= lemon juice and grapefruit juice in equal amounts

# Z

## **Zaatar**

YIELDS 1 TABLESPOON

1 teaspoon sumac

1 teaspoon summer savory

1 teaspoon roasted sesame seed

¼ teaspoon salt

**Optional:** Add ½ teaspoon cumin and/or oregano

Grind together with mortar and pestle.

## **Zucchini, also known as courgettes**

= pattypan squash

= yellow crookneck squash

= yellow straightneck squash

*See Squash, summer*

# Herbs and Spices at a Glance



<b>Herb/Spice</b>	<b>Substitute</b>
achiote	turmeric; saffron
allspice	ground cloves with cinnamon and nutmeg to taste, in baking; black pepper, in cooking
anise	fennel; tarragon; chervil (use up to twice the amount)
anise, green	fennel seed
anise seed, also known as star anise	fennel seed; caraway seed (use 1½ times the amount); chervil (use twice the amount)
asafetida	equal parts onion powder, celery seed, curry powder, and cumin
basil, dried	oregano; parsley; summer savory
basil, lemon	basil

<b>Herb/Spice</b>	<b>Substitute</b>
basil, mint	shiso
bergamot	orange flavoring with a dash of lavender, to taste
black pepper	white pepper; allspice in cooking
caraway seed	fennel seed; cumin seed
cardamom	cinnamon; mace
cassia	cinnamon, mace
cayenne pepper	ground hot red pepper; chili powder
celery seed	dill seed
chervil	tarragon (use ½ the amount); anise (use ½ the amount); Italian parsley
Chinese parsley	see cilantro
chives	green onion tops; onion powder (use small amount); leeks; shallots (use less)
cilantro, also known as coriander leaf, Chinese parsley	parsley with a dash of lemon juice; orange peel with a pinch of sage; lemon grass with a pinch of mint; parsley and mint in equal amounts; Italian parsley (for garnish)
cinnamon	cardamom with 1/8 the amount allspice or nutmeg; ¼ the amount allspice; ¼ the amount nutmeg

<b>Herb/Spice</b>	<b>Substitute</b>
cloves, ground	allspice; nutmeg; mace
coarse salt	kosher salt; sea salt
coriander leaf	see cilantro
coriander seed	caraway with a dash of cumin; lemon flavoring with a dash of sage; allspice with a pinch of lemon or lemon zest
cumin	caraway and anise; fennel seed
dill seed	caraway seed; celery seed
fennel seed	caraway seed; anise, also known as anise seed; star anise
fenugreek	celery seed; lovage
filé powder	see gumbo filé
fleur de sel	sea salt
galangal (Laos powder)	ginger root; powdered ginger with a dash of cardamom
ginger, fresh, grated	powdered ginger (about ¼ the amount) with a dash of white pepper and lemon juice; minced, crystallized ginger with sugar washed off
ginger, powdered	grated fresh ginger, mace with a pinch of lemon peel; nutmeg (about ¼ the amount)

<b>Herb/Spice</b>	<b>Substitute</b>
gumbo filé, also known as filé powder	sassafras
horseradish, fresh, grated	daikon radish; wasabi
hot red pepper flakes	chopped, dried red chile peppers; powdered red chile pepper (use less)
kosher salt	coarse salt
mace	allspice; cloves; nutmeg (optional: add dash of cardamom)
marjoram	oregano (a smaller amount may be required); thyme, basil; summer savory
Mexican mint marigold	tarragon
mint	mint or spearmint tea from tea bags or bulk tea; crème de menthe, in sweets; shiso; basil
nigella	black pepper (about ¼ the amount) with a dash of mustard seed or sesame seed; toasted nigella = toasted sesame seed with a dash of black pepper
nutmeg	allspice; cloves; mace
oregano	marjoram; thyme; basil
paprika, hot	turmeric and cayenne pepper, in equal amounts



<b>Herb/Spice</b>	<b>Substitute</b>
paprika, smoked, also known as pimentón	sweet paprika with a dash of smoke flavoring
paprika, sweet	turmeric with a dash of red pepper
parsley	chervil; tarragon
pepper, aleppo	crushed red pepper flakes
red pepper, ground	cayenne pepper; chili powder; hot pepper sauce; bottled hot sauce; hot red pepper flakes
rosemary	marjoram; thyme
saffron	turmeric; achiote, also known as annatto
sage	poultry seasoning; marjoram; savory; rosemary
salt substitutes (flavor enhancers)	black pepper; garlic; onion powder; mustard powder; paprika; red pepper; lemon juice; vinegar; wine (not cooking wines)
sesame seed	finely chopped almonds
shiso	basil; mint
sumac	lemongrass; lemon verbena; zaatar
summer savory	thyme and ½ the amount of mint, sage
tarragon	anise (use ½ the amount); Mexican mint marigold (larger amount may be

<b>Herb/Spice</b>	<b>Substitute</b>
	required); chervil (use 1½ times the amount)
thyme	marjoram; oregano; winter savory; bay leaf
turmeric	mustard powder (optional: add saffron)
wasabi, powdered	horseradish; mustard; daikon radish
winter savory	pepper and ¼ the amount of bay leaf

# Measurement Equivalents



Here is a list of commonly used measuring equivalents for cooking and baking. Some amounts have been rounded for convenience.

## FOOD MEASURING EQUIVALENTS

### **Dry Measurements**

1 pinch =  $\frac{1}{8}$  teaspoon, approximately

$\frac{1}{2}$  tablespoon =  $1\frac{1}{2}$  teaspoons

3 teaspoons = 1 tablespoon

$\frac{1}{4}$  cup = 4 tablespoons

$\frac{1}{3}$  cup = 5 tablespoons plus 1 teaspoon

$\frac{3}{8}$  cup = 6 tablespoons

$\frac{1}{2}$  cup = 8 tablespoons

$\frac{2}{3}$  cup = 10 tablespoons plus 2 teaspoons

$\frac{3}{4}$  cup = 12 tablespoons

1 cup = 16 tablespoons

4 cups = 1 quart

8 quarts = 1 peck\*

4 pecks = 1 bushel\*

\* for large fruits and vegetables, not berries

## Liquid Measurements

1 dash = a few drops

1 tablespoon = 3 teaspoons

1 tablespoon =  $\frac{1}{2}$  fluid ounce

1 fluid ounce = 2 tablespoons

1 jigger = 3 tablespoons or  $1\frac{1}{2}$  fluid ounces

$\frac{1}{4}$  cup = 4 tablespoons or 2 fluid ounces

1 cup = 8 tablespoons or 4 fluid ounces

1 cup = 16 tablespoons or 8 fluid ounces

1 pint (U.S.) = 2 cups or 16 fluid ounces

1 pint (Imperial) = 19 fluid ounces (20 Imperial fluid ounces)

1 quart (U.S.) = 2 pints or 32 fluid ounces

1 gallon (U.S.) = 4 quarts or 128 U.S. fluid ounces

1 gallon (Imperial) = 154 fluid ounces (160 Imperial fluid ounces)

Fluid Ounces	=	Milliliters
1		30
2		60
4		120
6		180
8 (1 cup)		235
16 (1 U.S. pint)		475
20 (1 imperial pint)		568
32 (1 quart)		945

**Note:** 1 quart = .946 liter

1 liter = 1.057 quarts

# METRIC EQUIVALENTS

Ounces	=	Grams
1		28
2		57
3		85
4		113
5		142
6		170
7		198
8		227
9		255
10		284
11		312
12		340
13		368
14		397
15		425
16		454

<b>Grams</b>	<b>=</b>	<b>Ounces</b>
1		.035
50		1.75
100		3.5
250		8.75
500		17.5
750		26.25
100 (1 kilogram)		35 (2.21 lbs.)

<b>Pounds</b>	<b>=</b>	<b>Kilograms</b>
1		.45
2		.91
3		1.4
4		1.8
5		2.3
6		2.7
7		3.2
8		3.5
9		4.1
10		4.5

<b>Kilograms</b>	<b>=</b>	<b>Pounds</b>
1		2.2
2		4.4
3		6.6
4		8.8
5		11

## TEMPERATURE EQUIVALENTS

<b>Temperature</b>	<b>Degrees Fahrenheit</b>	<b>Degrees Celcius (Centigrade)</b>	<b>Gas Mark</b>
Room temperature	70	21	1,275 or slow
Lukewarm	90	32	2,300 or slow
Water's boiling point	212	100	3,325 or moderate
Low or cool oven	250	121	4,350 or moderate
Slow oven	300	149	5,375 or moderately hot
Moderately slow oven	325	163	6,400 or moderately hot

<b>Temperature</b>	<b>Degrees Fahrenheit</b>	<b>Degrees Celcius (Centigrade)</b>	<b>Gas Mark</b>
Moderate oven	350	177	7,425 or hot
Moderately hot oven	375	190	8,450 or hot
Hot oven	400	204	9,475 or very hot
Very hot oven	450 to 500	232 to 260	
Broil	550	288	

## BAKING PAN SIZES

**Note:** Adjust baking times when changing pan sizes.

### **Cake pans, rectangular**

8" × 8" × 2"

= 6 cups

= 20 cm × 20 cm × 5 cm

9" × 9" × 1½"

= 6 cups

= 23 cm × 23 cm × 4 cm

9" × 9" × 2"

= 7 cups

= 23 cm × 23 cm × 5 cm

13" × 9" × 2"

= 10 cups

= 33 cm × 23 cm × 5 cm



### **Cake pans, round**

8" × 1½"

= 4 cups

= 20 cm × 4 cm

9" × 1½"

= 6 cups

= 23 cm × 4 cm

### **Loaf pans**

8½" × 4½" × 2½"

= 6 cups

= 22 cm × 11 cm × 6 cm

9" × 5" × 3"

= 8 cups

= 23 cm × 13 cm × 8 cm

### **Pie pans**

8" × 1¼"

= 3 cups, level

= 4½ cups, mounded

= 20 cm × 3 cm

9" × 1½"

= 4 cups, level

= 5 to 6 cups, mounded

= 23 cm × 4 cm

### **Springform pans**

8" × 3"

= 10 cups

= 20 cm × 8 cm

$$9'' \times 3''$$

$$= 11 \text{ cups}$$

$$= 23 \text{ cm} \times 9 \text{ cm}$$

$$10'' \times 3\frac{3}{4}''$$

$$= 12 \text{ cups}$$

$$= 25 \text{ cm} \times 10 \text{ cm}$$

### **Tube pans or ring molds**

$$8\frac{1}{2}'' \times 2\frac{1}{4}''$$

$$= 4\frac{1}{2} \text{ cups}$$

$$= 22 \text{ cm} \times 6 \text{ cm}$$

$$7\frac{1}{2}'' \times 3''$$

$$= 6 \text{ cups}$$

$$= 19 \text{ cm} \times 8 \text{ cm}$$

$$9\frac{1}{4}'' \times 2\frac{3}{4}''$$

$$= 8 \text{ cups}$$

$$= 23 \text{ cm} \times 7 \text{ cm}$$

# Too Much, Too Little, Too Late: Remedies for Common Kitchen Disasters



Here is a collection of simple fixes to try for many of life's little disasters in the kitchen.

## **Alcohol**

If too much is poured into punch or other mixed alcoholic drinks, float thin slices of cucumber to absorb the alcohol taste.

## **Baking powder**

To test for viability, put a teaspoon into a cup of hot water. It will bubble if the baking powder is still fresh.

## **Beans are overcooked**

Add a little vinegar or lemon juice.

## **Beans are too tough**

First add a teaspoon of baking soda to cooking water. Salt cooking water lightly. Do not add acidic ingredients like tomatoes until after beans are cooked.

**Bread is overcooked**

Poke holes with a knife or skewer and drizzle sparingly with fruit juice, milk, or honey while bread is warm.

**Bread is undercooked**

Cover with aluminum foil and return to oven for a few minutes at a time, until done.

**Butter burned during frying**

To prevent butter from browning, substitute oil for half the butter.

**Coffee is too bitter (from overheating)**

Add a pinch of salt to the cup.

It's best to turn off the coffee pot after no more than 14 minutes. Later, the cooled coffee will taste fresh when reheated to drinking temperature in microwave.

**Corn is bland**

Add several spoonfuls of sugar to the cooking water.

**Fat, in stew, soup, or gravy—too much**

Drop in ice cubes; the grease will stick to them. Remove quickly.

**Or:** Wrap ice cubes in paper towels and draw over the surface. The fat will begin to solidify and stick to the paper towel. Repeat until enough fat is removed.

**Or:** Place paper towel lightly on surface and allow to absorb fat, then remove.

**Or:** Use a flat lettuce leaf the same way.

**Or:** Refrigerate dish. When cool, skim solidified fat from the top surface. Continue with recipe.

### **Garlic and onion**

If you used too much garlic, simmer a sprig or small bunch of parsley in stew or soup for 10 minutes.

**Or:** To remove onion and garlic flavors from hands, pots, and pans, chopping boards, etc., rub with salt, lemon juice, or vinegar.

**Or:** To remove onion and garlic from hands, rub hands on stainless steel.

### **Ketchup, in a sauce—too much**

Add lemon juice to mask the ketchup taste. You may also add a bit of sugar to counteract the acidity of the lemon.

### **Potatoes turn brown after slicing**

Cook them in milk to whiten.

### **Radishes have become soft**

Cover with water and place in refrigerator.

### **Rice looks dingy and not white**

Add lemon juice to cooking water.

### **Salty dish**

Add a peeled, thinly sliced potato to the salty dish and boil until the potato appears transparent. Remove the potato slices.

**Or:** If fish is too salty, add vinegar to the cooking liquid.

**Or:** For a tomato dish, add more peeled tomatoes to absorb the salt. Leave in dish if appropriate.

**Or:** For items like soup, stew, or tomato sauce, add pinches of brown sugar to taste.

### **Sugar has become dried and hard**

Dampen a paper towel and place with sugar in a sealed plastic bag until sugar is soft.

**Tomato—too much**

Add lemon juice to mask some of the tomato taste. Add a bit of sugar to cut the lemon's acidity.

**Too spicy**

In the pot, add salt. On the tongue, lips, or mouth, a little sugar, buttermilk, milk, bread, or crackers will help neutralize the spiciness.

**Vegetables are in danger of being overcooked**

Drain and run very cold water over them immediately.

**Whipped cream separated**

Fold in 1 tablespoon cream until texture improves.

# Household Formulas



Do you really need another concoction of costly, bottled chemicals? You already have most of the ingredients for household cleansers and stain removers in your kitchen or cleaning cupboard. Many common household ingredients are great alternatives to commercial cleaning products. These ingredients are nontoxic, readily available, less expensive, and can be mixed up in any amount at a moment's notice.

**Note:** Check for hardness and colorfastness of materials before using these formulas.

## **Air freshener**

Bake orange peels at 350°F for 10 minutes.

**Or:** Place a sliced orange, grapefruit, or lemon in a pan of water and boil gently for an hour.

**Or:** Place bowls of baking soda or activated charcoal around the house.

**Or:** Pour vinegar into an uncovered dish.

## **Air freshener spray**

In a spray bottle dissolve 1 teaspoon baking soda and 1 teaspoon lemon juice in 2 cups hot water (do not spray on fabrics).

## **All-purpose cleanser**

½ cup Borax

1 gallon warm water

**Or:**

½ cup ammonia

¼ cup vinegar

2 tablespoons baking soda

1 gallon warm water

**Note:** Good for floors.

**Or:**

½ cup ammonia

½ cup washing soda

1 gallon warm water

### **Bathroom cleanser**

Dip damp sponge in baking soda.

### **Black lacquer cleanser**

Dip a cloth in a strong tea solution and rub well.

### **Bottle cleaner**

To clean out the inside of a bottle, put in 2 tablespoons kosher or other coarse salt and ¼ cup lukewarm water, cap bottle, and shake vigorously. When salt starts to dissolve, pour out, and rinse bottle. Repeat as necessary.

### **Brass cleanser**

Rub hard with lemon juice and salt.

**Or:** Spread with ketchup, let stand 10 minutes, and then rub hard.

### **Breadbox cleanser**

2 tablespoons vinegar in 1 quart water.



**Note:** This also deters mold.

### **Carpet deodorizer**

1 cup baking soda or 1 cup cornstarch

Sprinkle on carpet. Wait 30 minutes and vacuum.

### **Chrome cleanser**

Make a paste of baking soda and water.

**Or:** Use the fresh-squeezed rind of a lemon.

**Or:** Use vinegar.

### **Copper cleanser**

Spread with a paste of lemon juice or vinegar, salt, and flour, or spread with ketchup. Let stand 10 minutes and rub hard.

### **Crystal cleanser**

Use a mixture of half rubbing alcohol, half water. Do not rinse.

### **Cutting boards**

Rub with baking soda. Spray with vinegar, let sit 5 minutes, and rinse with water.

### **Deodorant**

After bathing, sprinkle some baking soda in your hands and rub under your arms.

### **Disinfectant**

Use ½ cup Borax in 1 gallon hot water.

**Or:** use 1 cup laundry bleach in 1 gallon hot water.

### **Drain cleaner**

½ cup salt

½ cup vinegar

Pour down drain, followed by 2 quarts boiling water.

### **Drain freshener**

Pour ½ cup baking soda down the drain. After 2 minutes pour in ½ cup vinegar followed by 2 quarts of boiling water.

### **Drain opener**

Dump 1 cup baking soda down drain, followed by 1 cup vinegar. Cover drain lightly. When fizzing stops, pour boiling water down drain.

### **Dusting cloth**

Lightly moisten cloth and rub. For very soiled items such as woodwork or furniture, use a mixture of equal parts olive oil and vinegar sprinkled lightly on a cloth.

### **Fertilizer**

1 tablespoon Epsom salts

1 tablespoon baking soda

1½ teaspoons household ammonia

3 gallons water

### **Floor cleaner**

½ cup vinegar

½ gallon warm water

**Or:**

¼ cup washing soda

½ tablespoon liquid soap

¼ cup vinegar

2 gallons hot water

### **Floor shiner**

½ cup cornstarch

1 gallon lukewarm water

### **Furniture cleaner for natural wood**

1 cup cooled strong black tea

¼ cup vinegar

### **Furniture polish**

2/3 cup olive oil or mineral or linseed oil or walnut oil

1/3 cup lemon juice or 1 teaspoon lemon oil

Rub in well, then rub off residue with a clean cloth.

### **Glass cleaner**

*See Window cleanser*

### **Hard water deposit remover**

Soak item in white vinegar or a half-and-half solution of white vinegar and water.

### **Iron (electric) stain remover (not for nonstick coatings)**

On a cold iron, use equal parts vinegar and salt on a cloth, or use baking soda on a nonabrasive scouring pad.

### **Mildew remover**

½ cup vinegar and ½ cup Borax in warm water

**Or:** ½ cup laundry bleach in ½ gallon warm water

### **Mouth freshener**

Chew on a sprig of parsley, or on whole cloves or fennel seeds.

### **Mouthwash**

Gargle with equal parts hydrogen peroxide and water.

**Note:** Do not swallow.

### **Nonstick pan cleanser**

Use baking soda on a nonabrasive scouring pad.

### **Oven cleaner, for non-self-cleaning ovens**

Pour  $\frac{1}{2}$  cup ammonia into a bowl. Set in cold oven overnight. Next morning, mix the ammonia with 1 quart warm water and wipe off inside of oven. Do this in well-ventilated area.

**Or:** Mix equal parts baking soda and salt. Scrub with a damp sponge.

### **Pesticide/deterrent for cockroaches, silverfish, or earwigs**

Dust cracks and crevices with a fine layer of boric acid or diatomaceous earth.

**Note:** Keep out of reach of children.

**Or:** Combine equal parts sugar and baking soda and set out as a trap for insects.

**Note:** Keep out of reach of children.

### **Pesticide for ants**

1 teaspoon liquid soap

1 quart water

Mix in a spray bottle.

Use Vaseline or dish soap to block up entry holes.

### **Pewter polish**

Mix equal parts salt and flour and make a paste using vinegar. Rub on, let dry, rinse in hot water.

**Or:** Take dampened cabbage leaves, sprinkle them with salt, and rub on the pewter.

### **Pot and pan cleanser**

Soak in white vinegar for 30 minutes.

### **Refrigerator and freezer deodorizer**

Place opened container of baking soda in refrigerator or freezer. Replace after 3 months.

**Or:** Place dampened, crumpled newspapers in refrigerator. Replace every 24 hours until smell is gone.

**Or:** Place slices of white bread in the refrigerator. Replace periodically until smell is gone.

### **Refrigerator cleanser**

1 tablespoon Borax

1 quart water

**Or:**

1 tablespoon baking soda

1 quart water

### **Scouring powder**

Use baking soda.

**Or:**

1 cup baking soda

1 cup salt

Mix together. Store in an airtight container.

### **Silver cleanser**

Make paste of baking soda and water. Apply with damp sponge or cloth and continue rubbing until clean.

**Or:** Use toothpaste and a soft-bristled toothbrush.

### **Silver polish**

Place silver in a pan and cover with water. Add 2 tablespoons salt, 2 tablespoons baking soda, and a few sheets of aluminum foil. Let stand for an hour or more until tarnish disappears.

**Or:** Add a few drops of vegetable oil to a small amount of toothpaste and polish with a soft toothbrush.

**Or:** For silver jewelry, soak in lemon juice or vinegar. Rinse with warm water and dry immediately.

### **Soft scrub**

Make a paste from  $\frac{1}{2}$  cup baking soda and liquid soap.

### **Spot remover**

$\frac{1}{2}$  cup Borax mixed with 2 cups cold water

### **Spray cleaner, grease cutting**

1 quart hot water

2 teaspoons Borax

1 teaspoon washing soda

$\frac{1}{4}$  cup vinegar

1 teaspoon liquid soap

Combine in a spray bottle.

### **Spray cleaner, strong**

1 quart hot water

1 tablespoon Borax

$\frac{3}{8}$  cup vinegar

Combine in a spray bottle.

### **Stainless steel cleanser**

Use ammonia and hot water, mixed with a mild, nonchlorinated, nonabrasive cleanser.

**Or:** To remove spots, rub with a cloth dampened with white vinegar.

### **Stain remover, blood**

Rub under cold, running water with mild soap.

Rub with hydrogen peroxide.

**Note:** This may bleach certain items.

**Or:** Soak with ½ cup Borax dissolved in 2 cups cold water.

**Or:** Make a paste of cornstarch or talcum powder and water. Let dry on stain and brush off.

**Or:** Sprinkle with meat tenderizer and water. Sponge off after 30 minutes.

### **Stain remover, chocolate**

Use hot, soapy water.

**Or:** Use hydrogen peroxide.

**Note:** This may bleach fabric.

### **Stain remover, coffee**

Rub fabric with cloth saturated with beaten egg yolk or denatured alcohol. Rinse with water.

**Or:** Make a paste of Borax and hot water and rub into the stain.

**Or:** Dampen with club soda and sprinkle with salt.

### **Stain remover, fruit and wine**

Dampen with club soda.

**Stain remover, grass**

Soak in vinegar.

**Stain remover, grease**

Sprinkle fabric with cornstarch or talcum powder. After 2 hours, brush off.

**Or:** Dampen with club soda and rub lightly. Rinse. Repeat if necessary.

**Stain remover, ink**

Soak in milk.

**Or:** Soak in lemon juice.

**Stain remover, perspiration**

Make a paste of salt and water and rub on stain.

**Or:** Make a paste of baking soda and salt and rub on stain.

**Or:** Use vinegar.

**Stain remover, tea**

Pour very hot water on fabric from a height of at least 3 feet.

**Stain remover, wine**

Pour club soda on stain, then rinse.

**Toilet bowl cleanser**

Use 4 tablespoons baking soda plus 1 cup vinegar.

**Or:** Use 1 cup Borax. Let sit overnight.

**Toothpaste**

Make a paste of baking soda and water.

**Or:** Make a paste of baking soda, salt, and water.



**Tub and tile cleanser**

Rub with half a lemon dipped in Borax.

**Varnished woodwork and furniture**

Tea, steeped 30 to 40 minutes. Rub on with cloth.

**Water spots on dishes**

Add vinegar to rinse water.

**Water stains on furniture**

Rub with toothpaste.

**Window cleanser**

Mix  $\frac{1}{2}$  cup white or cider vinegar in  $\frac{1}{2}$  gallon water. Spray on windows and wipe with crumpled newspaper.

**Or:** Use 1 tablespoon ammonia in 2 cups water. Wear protective gloves while you clean.

**Woodwork cleanser**

1 teaspoon white vinegar in 1 quart water

## About the Author



Cicely Hall

As a food lover, Becky Sue Epstein is always ready to explore new recipes and create new dishes, which is why she started collecting the kitchen substitutions that eventually turned into the book *Substituting Ingredients*.

As a writer, she contributes articles on food, travel, wine, and spirits to publications in various parts of the world; she began her career as a restaurant reviewer in Los Angeles while working in film and television there.

Currently, Epstein is an editor for several national magazines and online publications. In between trips and tastings, she writes books in her hometown of Lexington, Massachusetts. Her most recent cookbook is *The American Lighthouse Cookbook* (Sourcebooks/Cumberland House), and she is currently working on a history of champagne and sparkling wine. Visit her website at [www.BeckySueEpstein.com](http://www.BeckySueEpstein.com).

New!  
More!

# The Essential Kitchen Companion



Everyone has been in this predicament: you're at home, with no time (or desire) for a trip to the store—but the recipe you're using calls for an ingredient you don't happen to have on hand. With this book, you'll have a solution: substitute. In *Substituting Ingredients*, author Becky Sue Epstein has collected more than 1,000 easy-to-find, healthy, and cheap substitutions.

"With this paperback on the shelf there's no need for mad, mid-recipe dashes to the grocery store."  
—Bon Appétit

## You'll find:

- ◆ Substitutions for difficult-to-find items and common items you may not have on hand
- ◆ Green, nontoxic household cleaner solutions
- ◆ Less expensive ingredient options
- ◆ The best ways to measure fruits and vegetables for recipes
- ◆ Simple recipes for condiments, sauces, marinades, and spice mixtures
- ◆ Strategies to remedy too much or too little of an ingredient

